SOCCER SENSATION

CHRISTINE SINCLAIR NAMED ATHLETE OF THE YEAR PAGE 42

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QUENTIN-SSENTIAL TAKE ON WESTERN CLASSICS

Director Quentin Tarantino walks the red carpet for the local premiere of Django Unchained at the Scotiabank Theatre on Monday. Although Tarantino says he wants everyone to have a good time when his new spaghetti-western spoof opens Christmas Day, he also sincerely hopes that moviegoers and Hollywood pay attention to the film's anti-slavery theme. Django Unchained stars Jamie Foxx, Leonardo DiCaprio and Samuel L. Jackson. VINCE TALOTTA/TORSTAR NEWS SERVICE

Monkey mom just wants to see her baby

Unnatural selection?
'Ikea Monkey' owner says it was 'fatal attraction' with Darwin, but sanctuary staff refuse her request for visitation

It was "fatal attraction" that turned Darwin — the now-famed Ikea monkey — from a guest in her home to a monkey she ate, slept and showered with, according to owner Yasmin Nakhuda.

"I tried to return him and he wouldn't leave me," said a visibly stressed Nakhuda, a Toronto real estate lawyer, outside her Scarborough home Monday night.

Nakhuda was the owner of Darwin, who was found in a faux shearling coat Sunday, trying to get into a North York Ikea.

Toronto Animal Services took custody of Darwin Sunday, and the seven-month-old rhesus macaque has since been transferred to Story Book Farm Primate Sanctuary in Sunderland, roughly 100 kilometres north of Toronto.

Earlier Monday, Nakhuda called the Sunderland sanctuary, pleading to see her pet monkey. Staff, however, refused to allow the visit and advised the woman that Darwin needed time to settle into his new home.

"It was a babysitting experience that turned out into a fatal attraction and put me where I am," said Nakhuda.

"It's not like raising any other animals, or dog or cat. You need to experience it. He has feelings like human beings."

Nakhuda wouldn't say where she tried to return the seven-month-old Darwin to, or if she was even aware the pampered primate was illegal in the city.

Inside her home, the cries of another animal could be heard, which Nakhuda said was a Scarlet Macaw — a large parrot.

"It's totally legal, OK? It's not that I have illegal pets," said Nakhuda.

Videos on YouTube show Nakhuda and Darwin playing in an office, dressed up for Halloween, and even brushing their teeth together.

In a video of Darwin uploaded in October, Nakhuda describes how attached to the monkey she is.

"He is more than a handful: needs to be baby bottle fed night time and needs at least 3 diaper change a day," Nakhuda wrote in the comments.

"He has to be with me all the time which means he goes with me to the office, sleeps with me, eats with me, showers with me, goes shopping with me.....it is more than a human baby so yes, not everyone can handle a baby monkey. He is now 6 months old only and is expected to be around 4 feet tall."

TORSTAR NEWS SERVICE

FOR MORE ON TORONTO'S RECENT MONKEY TROUBLE, SEE PAGES 12 AND 22

Monkey see, monkey do: Toronto lawyer Yasmin Nakhuda brushes her teeth with monkey Darwin in an undated home video. TORSTAR NEWS SERVICE

DJs tearfully apologize

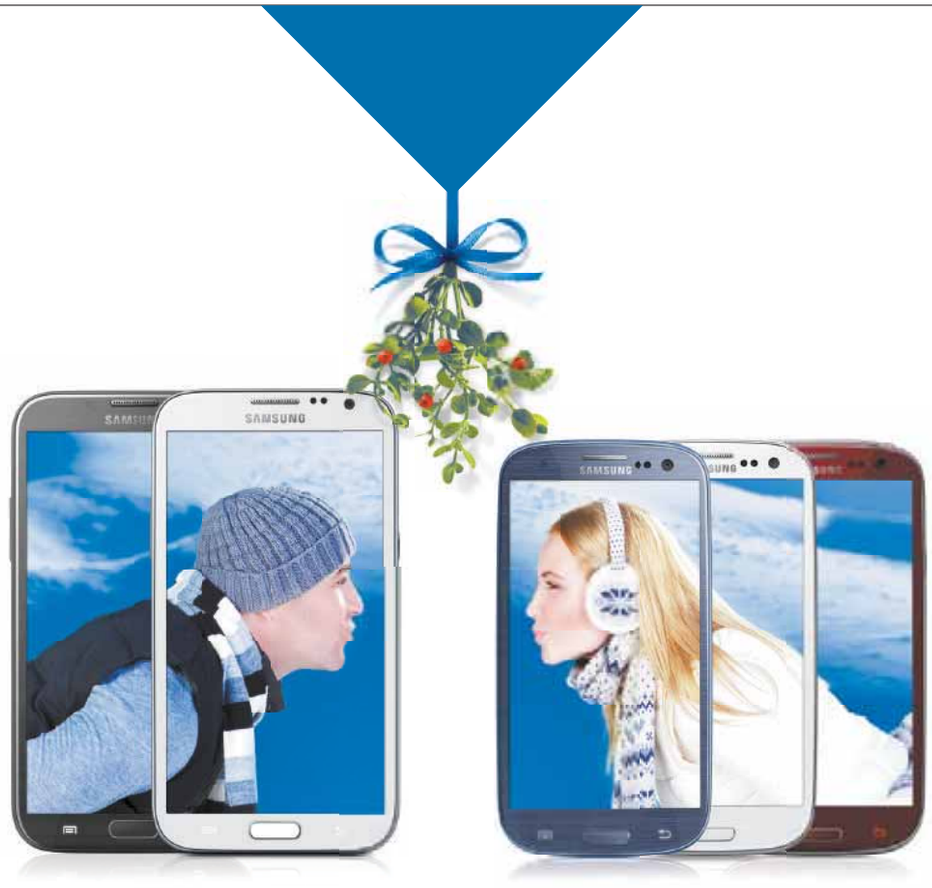
Australian pranksters behind Royal baby hoax say they haven't stopped thinking about the dead nurse's family PAGE 12

Pinball Café sees final play

Owners blame an '80s bylaw against having more than two pinball machines in a restaurant PAGE 4

A bonus they didn't beg for

Every Random House employee taking home $5K this year thanks to popularity of Fifty Shades of Grey PAGE 20



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Ontario students, teachers walk out in protest of Bill 115

Extracurricular activities. High school students in 'an uproar' over being caught in middle of dispute

High school students from across the province say they're in an "uproar" over the loss of extracurricular activities and are walking out of class and planning more strikes of their own this week and next, including a rally at Queen's Park this Thursday.

They've also started an online petition calling on the government and teacher unions to start negotiating and put an end to the job action. It garnered more than 6,000 signatures in the few hours it was posted.

"It's a problem between the ministry and the unions, so why have students been dragged into it?" said Toronto student Kourosh Houshmand, a vice-president of the Ontario Student Trustees' Association, which started the petition. On Monday — the first day extracurriculars officially came to an end — students walked out of class en masse at dozens of Ontario high schools. Meanwhile, elementary teachers at two school boards staged the first of rotating strikes over the province's contentious Bill 115. Ontario Premier Dalton McGuinty said the one-day elementary teacher strikes are a "small price to pay" after nine years of labour peace in the province.

"While inconvenient, these one-day legal strike actions do not warrant the intervention of the government and are a small price to pay to protect full-day kindergarten, smaller class sizes and 10,000 teaching jobs," McGuinty said in a statement.

But for secondary students, there's no end in sight to the loss of after-school clubs and sports.

"Students have different concerns — one can't go to a baseball practice after school, another can't get extracurricular help academically," said Houshmand, a Grade 12 student at Toronto's Earl Haig Secondary School, where students staged a large protest Monday morning. He said teens are in "an uproar" over what's happening. TORSTAR NEWS SERVICE

Students at R.H. King Academy on St. Clair Ave. E., upset with their loss of extracurricular activities, protest outside the high school in response to teacher strikes on Monday. STEVE RUSSELL/TORSTAR NEWS SERVICE

Toronto Zoo

Three polar bear cubs dead

Three underdeveloped polar bear cubs born late last week to Aurora, the 11-year-old female polar bear at the Toronto Zoo, have died.

Two male cubs and one female cub were born last Thursday. One of the male cubs died shortly after birth, according to the Toronto Zoo, and the remaining two cubs died on Sunday. It's unclear why they didn't survive. TORSTAR NEWS SERVICE

Police board rejects chief's cash bid

Chief Bill Blair at the Police Services Board meeting Monday. KEITH BEATY/TORSTAR NEWS SERVICE

The Toronto Police Services Board is enforcing a flat-lined budget, against warnings from the chief of police those numbers would restrict his force's ability to provide adequate safety services for the city.

At a special meeting Monday evening, the board voted unanimously to approve what board vice-chair Coun. Michael Thompson called a more "realistic budget" of $927.8 million for 2013.

In order to reach that goal, the board proposed $6 million in cuts comprised of a hiring and promotion freeze for uniformed and civilian officers, $1.4 million in premium pay cuts and a $5 million reduction to the City's Vehicle and Equipment Reserve Fund.

The board is also asking Chief Bill Blair to find an additional $6.7 million in savings through other "efficiencies."

"We've done a tremendous amount of work in terms of establishing a process where we're able to arrive at a zero per cent increase," Thompson told reporters after the vote. "At the same time not effecting any layoff to this organization." TORSTAR NEWS SERVICE

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Game over as Pinball Cafe closes

Red tape. Popular restaurant a victim of an outdated bylaw, owners say

JESSICA SMITH
jessica.smith@metronews.ca

Every day that the Pinball Cafe was open, its owners knew they were risking a fine for operating without a licence and breaking a Toronto zoning bylaw against having more than two pinball machines in their restaurant.

Jason Hazzard said he and his wife, Rachel, applied for a business licence in January. While it was being processed, they opened the Pinball Cafe on Queen Street West near Roncesvalles.

But their business model ran afoul of an obscure zoning bylaw that prohibits more than two "pinball or other mechanical or electronic game machines" in a restaurant, and the licence was denied. "We continued to operate, essentially illegally," Hazzard said.

Councillor responds

- Coun. Gord Perks (High Park), who supports the Parkdale bar and restaurant interim control bylaw, issued a statement on his website on Monday saying the law wasn't to blame for the Pinball Cafe's closure.
- "To be clear, the ICB (interim control bylaw) cannot close a legally operating establishment. I am sad to see Pinball go, but it was a decision of the owners to operate without a licence, and their decision to close."

The bylaw goes back to the '80s. "It was enacted because pinball arcades and video arcades were viewed as not nice places," he said. "There were issues with youth delinquency and truancy from schools. But this was 30 years ago. The PlayStation and the Nintendo, these things moved video games into the family basement 10 years ago."

In the meantime, the couple tried applying for a provincial liquor licence, for which they raised $1,900 on the crowd funding website indiegogo.com. It was denied because they didn't have a business licence. Hazzard said they will return the money they raised.

The Hazzards decided to give up all but two game machines, but by the time they had resubmitted their business licence application, the Parkdale bar ban — a temporary measure blocking new bars and restaurants from opening on Queen between Dufferin and Roncesvalles — was in effect.

The controversial interim control bylaw went into effect last month to temporarily stop bars and restaurants from flooding into the rapidly gentrifying neighbourhood.

While it did stop the Pinball Cafe from getting a licence with only a couple of pinball machines, it was not responsible for its closure, Hazzard said.

"The fact of the matter is that operating a pinball place in Toronto is not legal, and it did not appear it would become legal," he said.

Jason Hazzard and Rachel Hazzard say their Pinball Cafe in Parkdale never had a problem with rowdiness and they never had any complaints from the community. CARLOS OSORIO/TORSTAR NEWS SERVICE

Hazzard said he considered trying to get city council to overturn the bylaw or getting an exemption, but was overwhelmed by the complexities of the process, and was "naive about how the system works."

"We had lots of young people, we had lots of families, we had lots of pinball enthusiasts," he said. "We never had a problem with rowdiness, we never had a single complaint, but that's moot now. The fact is we were operating outside the law and we decided we no longer wanted to take that risk."

Family stands by for court ruling

Hassan Rasouli is shown a YouTube video by his daughter, Mojgan, while his son, Mehran, and wife, Parichehr Salasel, look on. After undergoing surgery at Sunnybrook Hospital in Toronto, Rasouli developed an infection that left him comatose. Doctors say treatment is a lost cause, but the family insists he is recovering. The Supreme Court of Canada began examining the case on Monday, and its ruling is expected to have a profound effect on how decisions are taken in end-of-life care cases across Canada. CARLOS OSORIO/TORSTAR NEWS SERVICE

'Mayor's choices' emails were off-limits to ombudsman

The city ombudsman's probe of the civic-appointments process did not find an emailed list of the mayor's preferred candidates for city boards because they were off-limits, ombudsman Fiona Crean says.

"I have no jurisdiction over city councillors or the mayor," Crean, who investigates complaints involving city staff, said on Monday. "Any correspondence between political offices would neither have been sought nor obtained because it would not be the subject of my investigation."

Integrity Commissioner Janet Leiper oversees a Code of Conduct that applies to the mayor and councillors. She could not be reached for comment.

Fiona Crean
CHRIS SO/TORSTAR NEWS SERVICE

Email records show that senior Ford aide Pina Martino sent a list of preferred candidates for the boards of city agencies to the assistants of three councillors: Giorgio Mammoliti, Michael Thompson and Jaye Robinson. They have insisted they never saw the email.

Crean's report on the administration of the public-appointments process anonymously quotes Ford's staff as saying they "did not share" the list except to file a copy with the city manager's office.

"When we interviewed the political staffer, we asked, 'Why have the list?' — why the person created the list — and the answer was: 'For my own purposes,'" Crean said. "My staff did not go further because we cannot investigate political staff."

Coun. Mary Fragedakis, a member of the civic-appointments committee, says she saw the mayor's list on the desks of two council colleagues at the 2011 shortlist meeting. TORSTAR NEWS SERVICE

No comment

- Pina Martino, who emailed the list of the mayor's preferred candidates, took a leave of absence from Ford's office to successfully seek the Progressive Conservative provincial nomination in Etobicoke Centre. According to Ford's office, she no longer works for the city. She has not replied to requests for comment.

EI changes

Migrant workers stripped of benefits they pay for

Ottawa has quietly eliminated the special parental benefits for foreign migrant workers who contribute an estimated $3.4 million a year to Canada's employment insurance system.

Effective Monday, EI's special parental, maternal and compassionate benefits are available only to those who are authorized to work in Canada year-round. As a result, the 30,000 migrant workers employed under the Seasonal Agricultural Workers Program can no longer take leave and collect a fraction of wages while caring for their infants or sick children, said Chris Ramsaroop of Justicia for Migrant Workers.

The United Food and Commercial Workers Canada called the changes another attack on migrant workers' rights after Ottawa introduced new rules this year allowing corporate Canada to pay migrant workers 15 per cent less. TORSTAR NEWS SERVICE

Trafficking case

Trucker acquitted on cocaine charges

A Brampton truck driver was found not guilty of trying to smuggle cocaine across the Ambassador Bridge from Detroit to Windsor. Karamjit Grewal, 49, was charged after border officers found close to 70 kilograms of cocaine in a load of lettuce in 2009. Grewal denied any knowledge of the drugs and the trial judge ruled there was nothing that directly linked him to the cocaine. THE CANADIAN PRESS

Revenue-raising scheme

Schoolyard selloff revived by trustees

A controversial idea to sell off parts of schoolyards to developers is again being considered by Toronto's public board, just three weeks after it was rejected by trustees.

A motion from trustees Irene Atkinson and Mari Rutka asks that the board request a report due in April from its real estate arm "on the amount and location of land that they believe is technically feasible to sever and sell." They ask that no more than two sites a year be considered in each of the city's 22 school-board wards.

Their request claims the province is pressuring the Toronto District School Board to find money "through the sale of whole or partial school board sites" despite how that could negatively affect "future student needs as demographic changes" hit Toronto.

The motion is expected to come before trustees on Wednesday.

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Mari Rutka TORSTAR NEWS SERVICE

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Former Beatle John Lennon and his wife Yoko Ono at their New York apartment a few weeks before his death on Dec. 8, 1980. An album Lennon signed for the man who would eventually kill him is selling for $650,000. THE ASSOCIATED PRESS FILE

Album signed by John Lennon for his killer on sale for $650K

Morbid fanfare? Autograph-signing with former Beatle's killer Mark David Chapman was captured in a photo

A copy of the album Double Fantasy signed by John Lennon for the man who would murder him a few hours later has gone on sale for $650,000 US.

The auction house Moments in Time has confirmed the price.

Included with the record are police reports, forensically enhanced fingerprints of killer Mark David Chapman and letters from the district attorney, Moments in Time president Gary Zimet said.

Lennon had autographed the front of the dust jacket, scrawling his name and the date across a photograph of his wife, Yoko Ono, five hours before Chapman shot and killed him on Dec. 8, 1980, outside the Dakota apartment building where Lennon and Ono lived in New York City.

The album cover with Lennon's signature on Ono's neck. MOMENTSINTIME.COM

A photograph of Lennon standing next to Chapman and signing the album cover has turned into a piece of pop history itself.

Chapman, who pleaded guilty to second-degree murder, has recently been denied parole for a seventh time and remains incarcerated at the Wende Correctional Facility in western New York state. He shot Lennon four times with a .38-calibre revolver.

TORSTAR NEWS SERVICE

Lost and found

It's not the first time Moments in Time has handled the album. Philip Michael of Hamburg, N.J., found the discarded disc in a planter outside the Dakota apartment building hours after the shooting and turned it over to police as evidence.

- **Duped.** In 2003, Michael filed a lawsuit in New Jersey alleging the auction house never paid him his 95 per cent of the $460,000 sale price in 1999, the New Jersey Law Journal reported at the time.
- **Auction house.** Moments in Time president Gary Zimet contended the 1999 sale price at a now-defunct online auction house was $150,000. Reports of a resale in 2003 for a reserve price of $525,000 are inaccurate, he said.

9 people in Toronto struck by cars in 43 minutes

Const. Clint Stibbe says that in all the collisions Monday pedestrians were wearing dark clothing. TORSTAR NEWS SERVICE

Nine people were hit by cars in under an hour Monday — including a woman pushing a baby in a stroller — underlining police concerns over an increased risk for pedestrian collisions around this time of the year.

There is usually a surge in collisions around this time of the year, according to traffic services Const. Clint Stibbe.

"It's a combination of weather conditions, as well as lighting conditions, meaning obviously the time of day, additionally the lack of visibility on behalf of pedestrians," said Stibbe.

The incidents started around 6:41 a.m., when a woman pushing a stroller was hit near Havenbrook Boulevard and Don Mills Road. The driver is facing charges of careless driving. The woman was taken to hospital with minor injuries and the baby was unharmed.

"One of the common things we've been hearing from drivers is, 'We didn't see them,'" said Const. Stibbe. "You need to make sure you do gain eye contact with drivers of the motor vehicles."

Pedestrians hit

On average, six pedestrians per day are hit in Toronto.

- Last year, 2,031 pedestrians were hit in total.
- So far this year 1,688 have been hit, but that number will climb, police say.

Seven others were hit across the city, including an 83-year-old man who was taken to hospital with serious injuries. All of the incidents happened between 6:41 a.m. and 7:24 a.m.

Charges have been laid in three of Monday's incidents, and police say at least two of them happened at legitimate crosswalks where the pedestrian had the right of way.

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Allegations of left-wing bias fly in 'frivolous' robocall suit

Election scandal. Tory lawyer Arthur Hamilton grills key witness over donations to Liberals

The credibility of a key witness in a legal bid to overturn Conservative victories in six closely contested ridings came under fire Monday as hearings began into allegations of voter-suppression tactics during the last federal election.

Eight Canadians — supported by the left-leaning Council of Canadians — are challenging the results in those six ridings, alleging misleading or harassing phone calls kept some people from voting and may have affected the results.

Central to the Federal Court case by eight applicants is a report by the firm of pollster Frank Graves, which he says shows signs of a targeted voter-suppression campaign aimed at non-Conservative voters during the May 2011 election.

On Monday, Conservative party lawyer Arthur Hamilton grilled Graves, president of Ekos Research, over donations to the federal Liberals dating back to 2006, as well as inconsistencies in prior court affidavits submitted as part of the case.

Graves is unfit to be an expert witness in the case, Hamilton argued.

The Conservative party lawyer produced screenshots from the Elections Canada website showing three donations between 2006 and 2008. Graves said his office recorded the cheques as donations to the party.

Earlier in the day, Hamilton argued the case is frivolous, saying the eight applicants are really just stand-ins for the left-wing council.

"There are simply too many pieces of evidence which point to the fact that the Council of Canadians is the real applicant here," Hamilton told the court.

Hamilton is asking the court to dismiss each of the applications. The council has no bona-fide witnesses who could testify that they actually were dissuaded from casting a ballot because of the calls, he noted.

But Garry Neil of the Council of Canadians said the applicants need only show the calls were made, sullying the electoral process. THE CANADIAN PRESS

Elections Canada

The case is parallel to — and unsupported by — an ongoing Elections Canada investigation into the fraudulent robocalls.

- **Tory denial.** While the misleading phone calls appeared to target non-Conservative voters, the party insists it had no involvement.
- **Greasy culprit.** A shadowy operative known only as "Pierre Poutine" is believed to be behind the calls.

The applicants' lawyer, Steven Shrybman, during a recess of Federal Court on Monday. ADRIAN WYLD/THE CANADIAN PRESS

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Alone under a mistletoe

Money can't buy you class

A billboard put up by a California millionaire seeking a Latina girlfriend has been removed.

Marc Paskin, who appeared on the ABC reality show "Secret Millionaire" had the sign posted Thursday over a freeway in a mainly Latino area of San Diego. It bore the message: "All I want for Christmas is a Latina Girlfriend."

A day after it went up, somebody had reportedly vandalized the billboard by peeling off Paskin's email address. THE ASSOCIATED PRESS

Los Angeles Catholics

Church abuse files to go public

Secret files kept for decades by the Roman Catholic Archdiocese of Los Angeles on priests accused of sexually abusing children could soon become public as a five-year legal battle over their release reaches its end.

A judge will hear final objections Monday from accused priests. THE ASSOCIATED PRESS

Lawsuit settled in hotel encounter between maid, former IMF chief

Nafissatou Diallo, a hotel housekeeper who alleged she was sexually assaulted by former International Monetary Fund leader Dominique Strauss-Kahn, appears in court in New York on Monday. The amount of the settlement was kept confidential. The lawsuit stemmed from a May 2011 hotel suite encounter that also spurred criminal charges, forced Strauss-Kahn's resignation from the IMF and cut off his potential candidacy for the French presidency. SETH WENIG/THE ASSOCIATED PRESS

Mother helps save sex slaves

But her own child is still missing. Verdict expected in Argentina case against daughter's alleged kidnappers

Susana Trimarco launched her own investigation when told her abducted daughter may have been sold for sex. INFOTO/JULIO PANTOJA/THE ASSOCIATED PRESS

Susana Trimarco was a housewife who fussed over her family and paid scant attention to the news until her daughter left for a doctor's appointment and never came back.

After getting little help from police, Trimarco launched her own investigation into a tip that the 23-year-old was abducted and forced into prostitution. Soon, Trimarco was visiting brothels seeking clues about her daughter and the search took an additional goal: rescuing sex slaves.

What began as a one-woman campaign a decade ago developed into a movement and Trimarco today is a hero to hundreds of women she's rescued from Argentine prostitution rings. She's been honoured with the "Women of Courage" award by the U.S. State Department and was nominated for the Nobel Peace Prize on Nov. 28. Sunday night, President Cristina Fernandez gave her a human-rights award.

But years of exploring the decadent criminal underground haven't led Trimarco to her daughter, Maria de los Angeles "Marita" Veron, who disappeared from their hometown in provincial Tucuman, leaving behind her own three-year-old daughter, Micaela.

"I live for this," the 58-year-old Trimarco said.

Her painful journey has now reached a milestone.

Publicity over Trimarco's efforts prompted Argentine authorities to make a high-profile example of her daughter's case by putting 13 people on trial for allegedly kidnapping Veron and holding her as a sex slave in a family-run operation of illegal brothels. A verdict is expected Tuesday. THE ASSOCIATED PRESS

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Royal hoax. DJs tearfully apologize following death

They say they expected a hang-up and a few laughs. Instead, the Australian DJs behind a hoax phone call to the London hospital where the pregnant Duchess of Cambridge was being treated were deeply apologetic Monday as they described how their joke ended up going too far.

The phone call — in which they impersonated Queen Elizabeth II and Prince Charles — went through, and their station broadcast and even trumpeted the confidential information received. Whatever pride there had been over the hoax was obliterated by worldwide public outrage after Friday's death of Jacintha Saldanha, the first nurse they talked to.

Michael Christian and Mel Greig on A Current Affair Monday.
CHANNEL NINE/THE ASSOCIATED PRESS

"There's not a minute that goes by that we don't think about her family and what they must be going through," 2DayFM radio host Mel Greig told Australia's A Current Affair, on which she appeared with co-host Michael Christian.
THE ASSOCIATED PRESS

For recreational use

Marijuana now legal in Colorado

Marijuana for recreational use became legal in Colorado on Monday when the governor took the procedural step of declaring the voter-approved change part of the state constitution.

Colorado became the second U.S. state after Washington to allow pot use without a doctor's recommendation. Both states prohibit public use of the drug, and commercial sales in Colorado and Washington won't be permitted until after regulations are written next year.
THE ASSOCIATED PRESS

Ikea macaque sheds shearling at new home

Popular primate. Now that Internet has gone bananas over Darwin, it's time for him to rediscover monkeyhood

His outfit was nearly as audacious as his escape — a baby monkey in a faux-fur jacket whose startling appearance in a North York Ikea parking lot Sunday afternoon saw him transformed into an Internet sensation.

On Monday, however, fame and fashion seemed an afterthought for the seven-month-old rhesus macaque named Darwin as he settled into his new home at a primate sanctuary north of Toronto, dressed in nothing but his skivvies as his new caretakers introduced him to the cage where he will learn to live amongst his own.

"He's got to learn how to be a monkey now," said Jennifer Ross, barn manager at Story Book Farm Primate Sanctuary in Sunderland, Ont., where Darwin arrived to the squeals and squawks of other monkeys shortly after 3 p.m.

And a challenge it will be.

On Monday, a home video surfaced online depicting the young primate sipping from a baby bottle and parading around in a series of outfits. The previous owner had told Animal Services staff they acquired Darwin in Montreal when he was six weeks old and kept him as a pet in Toronto.

Sherri Delaney, who opened the sanctuary with husband Leonard in 2000 and now provides shelter to a mixture of nearly two dozen primates from zoos and private homes across the country, said it's not uncommon to hear of people treating monkeys like babies — but it's certainly not right.

A day after his daring adventure began in a North York Ikea parking lot, Darwin arrived at Story Book Farm Primate Sanctuary in Sunderland, Ont.
NIAMH SCALLAN/TORSTAR NEWS SERVICE

Quoted

"The animal's safety was at risk, the public's safety was also at risk."
Mary Lou Leiher, Toronto Animal Services

"He's not meant to sit and replace a baby or a child or a doll or something," she said. "He's an animal and he deserves to be treated with dignity and respect."

Officials believe the monkey facilitated his own escape, opening his crate and fleeing from his owner's car at the Ikea parking lot at around 2 p.m. Sunday. He spent about 30 minutes wandering around the lot in a coat and diapers before he was captured by Toronto Animal Services and taken to a shelter.

Known carriers of some diseases including herpes and hepatitis B, rhesus macaques are a prohibited animal in the city. His owner officially surrendered him to the city and was fined $240.
TORSTAR NEWS SERVICE

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Shop around for car insurance – If you've been with your current insurance company for a long time, you are probably receiving a longevity discount, which is a great way to save. But you might not be getting the best deal. Rates are always changing and the longevity discount might not be worth it. It's a good idea to shop around for quotes on a regular basis to compare what you are currently paying to what is out there; and you will at least know if you're paying a good rate or not. Use sites like InsuranceHotline.com to compare quotes from 30+ companies to get a lower rate. You could save hundreds, even thousands.

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Egypt. Army takes over security until referendum

The Egyptian military on Monday assumed joint responsibility with the police for security and protecting state institutions until the results of a Dec. 15 constitutional referendum are announced.

The army took up the task in line with a decree issued Sunday by President Mohammed Morsi. The Islamist leader on Monday also suspended a series of tax hikes announced the previous day on alcohol, cigarettes and other items.

The presidential edict orders the military and police to jointly maintain security in the run-up to Saturday's vote on the disputed charter, which was hurriedly approved last month by a panel dominated by the president's Islamist allies despite a boycott of the committee's liberal, secular and Christian members.

The decree also grants the military the right to arrest civilians, but presidential spokesman Yasser Ali said it was nowhere near a declaration of martial law.

"It is merely a measure to extend legal cover for the armed forces while they are used to maintain security," Ali told The Associated Press.

There were no signs of a beefed up military presence outside the presidential palace, the site of fierce street clashes last week, or elsewhere in the capital on Monday. THE ASSOCIATED PRESS

Constitutional jitters

- Morsi's decision to lean on the military to safeguard the vote is widely seen as evidence of just how jittery the government is about the referendum on the draft constitution, which has been at the heart of days of dueling protests by the opposition and Morsi's Muslim Brotherhood backers.
- The two sides clashed in Cairo last week, leaving at least six people dead and hundreds wounded in the worst violence of the crisis.
- Both the opposition and Morsi's supporters have called for mass rallies on Tuesday.

Afghan protesters seek justice on Human Rights Day

An Afghan protester speaks on a loudspeaker as others hold portraits of Afghans who were killed in the past three decades of war and violence, during a demonstration organized by the Social Association of Afghan Justice Seekers in Kabul on Monday. Dozens of Afghans who have lost their family members and relatives marched in Kabul to mark International Human Rights Day asking for justice for the deaths of their loved ones.

MUSADEQ SADEQ/THE ASSOCIATED PRESS

Bosnia

War-survivor commemoration banned: Activists

Activists say Bosnian Serb police have banned a march by war survivors to mark International Human Rights Day in Prijedor, where thousands of non-Serbs were killed or disappeared during the Serb occupation that began 20 years ago.

Seven protesters marched in Prijedor on Monday with duct tape over their mouths. They carried a banner that read: "Where human rights are violated, civil disobedience is a must." Activists used Facebook to post the police letter, which did not explain why the march was forbidden.

THE ASSOCIATED PRESS

No Santa

Uzbekistan president's heart two sizes too small

Taking a leaf out of a Dr. Seuss story, the Central Asian nation of Uzbekistan is reportedly stealing Christmas by keeping the local version of Santa Claus off the airwaves.

Independent news website UzMetronom reported Monday that President Islam Karimov's authoritarian government imposed the informal ban on Father Frost and his snow maiden sidekick. The characters have for decades been regular fixtures across the former Soviet world over the New Year's holiday season.

Karimov has been eager to eliminate Soviet culture in Uzbekistan.

THE ASSOCIATED PRESS

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The Abbotsford police sent this holiday card to known offenders and people with gang affiliations, hoping the gesture would inspire the recipients to choose a different path in life. CONTRIBUTED

B.C. police enlist machine-gun Santa

Christmas crackdown. Provocative holiday card offers a helpline for offenders looking to choose a new path

EMILY JACKSON
Metro in Vancouver

Abbotsford, B.C., police hope a naughty holiday card will inspire gangsters to be nice.

Police sent a holiday card on Friday featuring Chief Const. Bob Rich dressed as a machine-gun-toting Santa in tactical gear to dozens of prolific offenders and people involved with drugs and gangs.

The card asks, "Which list will you be on next year? Will it be naughty or nice?" On the inside, it provides a phone number to call for help making better choices.

New tactics

"For the cost of printing and a postage stamp, we certainly think it's worth a try."
Chief Const. Bob Rich

Sure, it's a little provocative, but that's what could make people open the card and realize the police are there to help them choose a different path in 2013, Const. Ian MacDonald said.

"If it was just a snow-scape from the APD with just the additional messaging, we don't think it would get peoples' attention in the first place," MacDonald said.

Many offenders it was sent to have likely seen officers in Emergency Response Team gear anyway, especially if they're involved in drugs, he said. The card is in the mail to those who have 10 or more criminal convictions, have been the subject of five or more police investigations in the past six months, are at a set address to obey court conditions or are involved in gangs or drugs.

The same graphic was sent to the regular mailing list and the offenders, with the only difference being the help-line message inside, MacDonald added.

Should people call the line, they'll have the chance to leave a message and set a time to speak to police about a new path. "You are always only one choice away from changing your life," the card reads.

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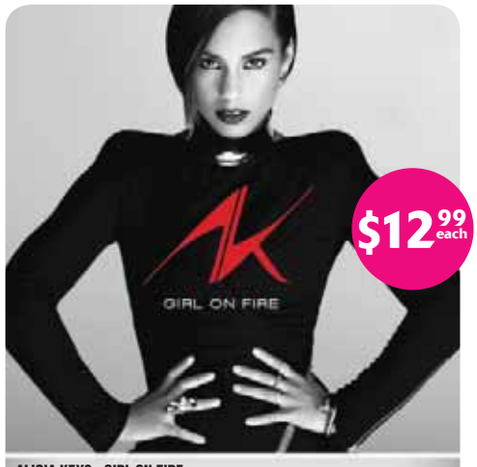

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Deadly weekend

Two freeze to death in Bosnia

Authorities in Bosnia say plummeting temperatures killed two people over the weekend.

Police said Monday that one man was found dead in his orchard in the village of Celinac in northwestern Bosnia. The other was found unconscious next to a road near Banja Luka on Sunday. He later died. THE ASSOCIATED PRESS

New Zealand quake

Shoddy building blamed for crash

The six-storey Canterbury Television building that collapsed and killed 115 people in New Zealand's earthquake last year was poorly designed by an inexperienced engineer, inadequately constructed and should never have been issued a building permit, a government report said Monday. The collapse was responsible for nearly two-thirds of the 185 deaths from the quake that rocked Christchurch on Feb. 22, 2011. THE ASSOCIATED PRESS

Austrian resorts breathe sigh of relief

A woman clears snow from a car in Lofer, in the Austrian province of Salzburg, on Monday. Lack of snow had prompted many ski resorts to consider delaying opening their ski runs. However, heavy snowfall last week allowed resorts to open over the weekend. The weather forecast predicts continuing snowfall for the next few days.

KERSTIN JOENSSON/THE ASSOCIATED PRESS

Death in London. 'Falling man' still haunts neighbourhood

The suburban stillness of the comfortable, two-storey homes in west London's Mortlake neighbourhood is broken only by the roar of jets thundering overhead on the final approach to Heathrow Airport. It's a pleasant place, with easy connections into central London.

That changed early on a sunny Sunday morning in September when a man from Africa literally fell from the sky and landed with a loud thud onto the sidewalk of Portman Avenue, half a block from a convenience store and an upscale lingerie boutique.

In the hours after the crumpled body was found, police thought the man was a murder victim. Later it was determined that he had been a stowaway who fell from a passenger plane when it lowered its landing gear directly above Portman Avenue.

The identity of the man is a mystery three months later. He carried no identification, but police believe he may have been from Angola, based on some currency found in his jeans pocket,

The man's death has traumatized the neighbourhood. Some heard the noise on impact; others were alarmed when they opened their doors and saw a crumpled badly disfigured body.

Police believe the man stowed away on a passenger jet bound for London, only to die en route and then fall when the landing gear opened — an occurrence that is rare but not unheard of.

Aviation safety specialist Chris Yates said poor perimeter security at a number of airports in Africa has made it easier for people to stow away on planes. But it's dangerous, and often fatal, not least because areas such as the cargo hold or the wheel base, where stowaways often climb into, aren't pressurized. Yates said the man who crashed to the pavement in Mortlake had probably lost consciousness and died within the first hour of his flight. THE ASSOCIATED PRESS

Lost soul

"I felt, what was he running away from? What made him think he could survive? And how will his family ever know? He's a lost soul now; his father and mother are probably waiting for him to make contact."

Catherine Lambert, 41, who lives a few doors down from the spot where the man landed. The event has shattered the neighbourhood's sense of being immune from the world's troubles, residents said.

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Bad apps? FTC wants to know if software firms collected personal data from children

Software companies that make cellphone apps are being investigated to determine whether they have violated the privacy rights of children by quietly collecting personal information from phones and sharing it with advertisers and data brokers, the Federal Trade Commission said Monday.

Such apps can capture a child's physical location, phone numbers of their friends and more.

The FTC, a U.S. government agency, described the marketplace for mobile applications — dominated by online stores operated by Apple and Google — as a digital danger zone with inadequate oversight.

In a report prepared by the FTC's own experts, it said the industry has grown rapidly but failed to ensure the privacy of young consumers is adequately protected.

Of the 400 apps designed for kids examined by the FTC, most failed to inform parents about the types of data the app could gather and who could access it, the report said.

Others apps contained advertising that most parents would find objectionable and included links to Facebook, Twitter and other social media services where kids post information about themselves.

The report said some mobile apps can siphon data to "invisible and unknown" third parties that could be used to develop a detailed profile of a child without a parent's knowledge or consent.

THE ASSOCIATED PRESS

By the numbers

400

Of the 400 apps designed for kids examined by the FTC, most failed to inform parents about the types of data the app could gather and who could access it, the report found.

Market Minute

DOLLAR 101.32¢ (+0.41¢)

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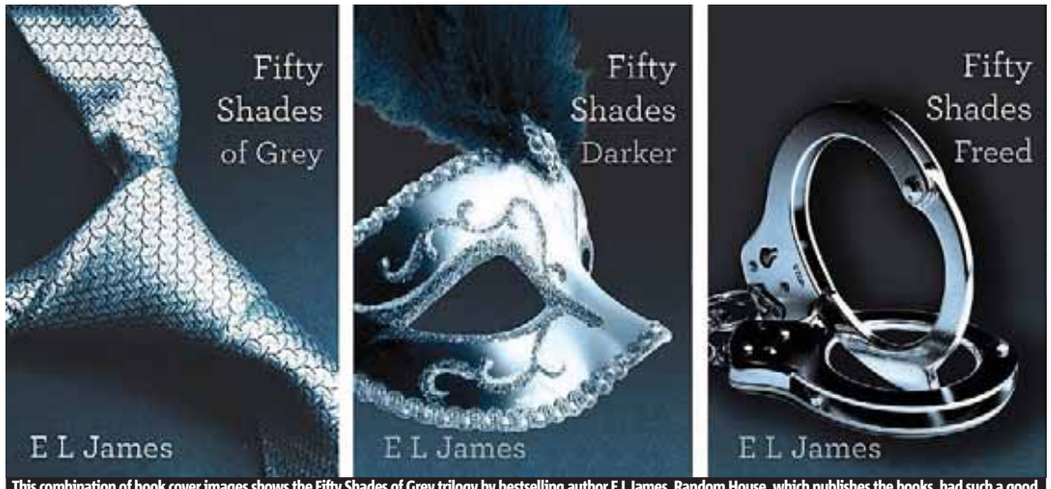

This combination of book cover images shows the Fifty Shades of Grey trilogy by bestselling author E L James. Random House, which publishes the books, had such a good year that it is giving its employees in North America $5,000 bonuses. THE ASSOCIATED PRESS FILE

Tie one on! Random House staff to get $5K cheques

Bondage bonuses. Publishing house has had banner year, thanks to Fifty Shades of Grey

Sex sells, but it also gives back. Thousands of Random House employees in Canada and the United States will each receive a $5,000 bonus cheque on Thursday as a "thank you" for a lucrative publishing year.

The erotic bestseller Fifty Shades of Grey and its two sequels, published by Random House, have sold 60 million copies worldwide.

Other Random House titles have also raked in profits this year, including Gone Girl by Gillian Flynn, Wild by Cheryl Strayed and The Racketeer by John Grisham.

"This is a one-time special thank you for a great 2012," said Random House U.S. spokesman Stuart Applebaum. "To my long recollection, this is the first time we have done something of this scope and magnitude."

A few thousand Random House employees in the U.S. and 170 in Canada will see their bonuses in this Thursday's paycheques, Random House Canada spokeswoman Tracey Turriff said.

"Everyone from the CEO to the staff in the operating centres will each receive the same amount," said Applebaum.

Fifty Shades is published in 31 languages but the bonuses are "a North American initiative," said Turriff.

Employees who've worked for Random House for the full year will get $5,000, said Turriff. Newer employees' bonuses will be pro-rated.

TORSTAR NEWS SERVICE

Quoted

"To my long recollection, this is the first time we have done something of this scope and magnitude."
Random House U.S. spokesman Stuart Applebaum

Oilsands. Nexen takeover would have been hard sell under new rules: Minister

Natural Resources Minister Joe Oliver is suggesting the $15.1-billion takeover of Nexen by a Chinese state-owned company would not have been OK'd under new investment rules.

Oliver's comments Monday came on the heels of strict limits being placed on how much foreign state-owned influence is acceptable, particularly in the oilsands.

The federal government approved foreign takeovers Friday of Calgary-based Nexen Inc. and Progress Energy Resources Corp., but also updated the rules around such deals.

After a speech to the Canadian Association of Petroleum Producers, Oliver said the Nexen takeover — under the new rules — "would have been difficult because it would had to have been an exceptional situation." THE CANADIAN PRESS

Dubai. U.S. facing pressure at UN conference to allow increased Internet controls

Talks over possible new UN regulations for the Internet were deeply divided Monday, with Russia and others advocating for more government control, while a U.S.-led bloc warned against rules that could restrict freedoms in cyberspace.

The Dubai conference, which wraps up later this week, is not empowered to bring about any immediate changes on how the Internet operates.

But the U.S. and its backers argue that sanctioning greater government roles in Internet oversight could allow governments that already heavily censor web traffic, such as China or Iran, to justify more restrictions and monitoring.

A high-powered U.S. delegation has tried to block all discussions of possible Internet regulations. THE ASSOCIATED PRESS

Strange bedfellows

Apple, Google bid jointly for Kodak patents

Apple and Google, bitter rivals in smartphone technology, have joined up to make a combined bid for a bundle of patents offered by photography pioneer Kodak, according to a published report. Bloomberg News reported that Apple Inc. and Google Inc. have abandoned competing bids for the portfolio to offer a combined $500 million US.

THE ASSOCIATED PRESS

Safety concerns

Ford to update 2013 Fusion, Escape software

Ford Canada will update software on 2013 Escape SUVs and Fusion cars to fix a coolant problem that can cause fires. Last month Ford recalled about 91,500 of the vehicles, including 9,850 in Canada, after complaints about overheating and fires. Only vehicles with 1.6-litre turbocharged engines are affected. THE CANADIAN PRESS

Wireless industry

Cell users want roaming fees capped: Survey

Almost 90 per cent of consumers want their wireless carriers to halt their data use abroad when they've spent a maximum of $50 on international data roaming fees, says a new study.

"Consumers understand dollar limits in terms of how much it's going to look like on my bill when I get back," said Janet Lo, legal counsel for the Public Interest Advocacy Centre, which conducted the survey, adding that's how data roaming is calculated in Europe.

THE CANADIAN PRESS

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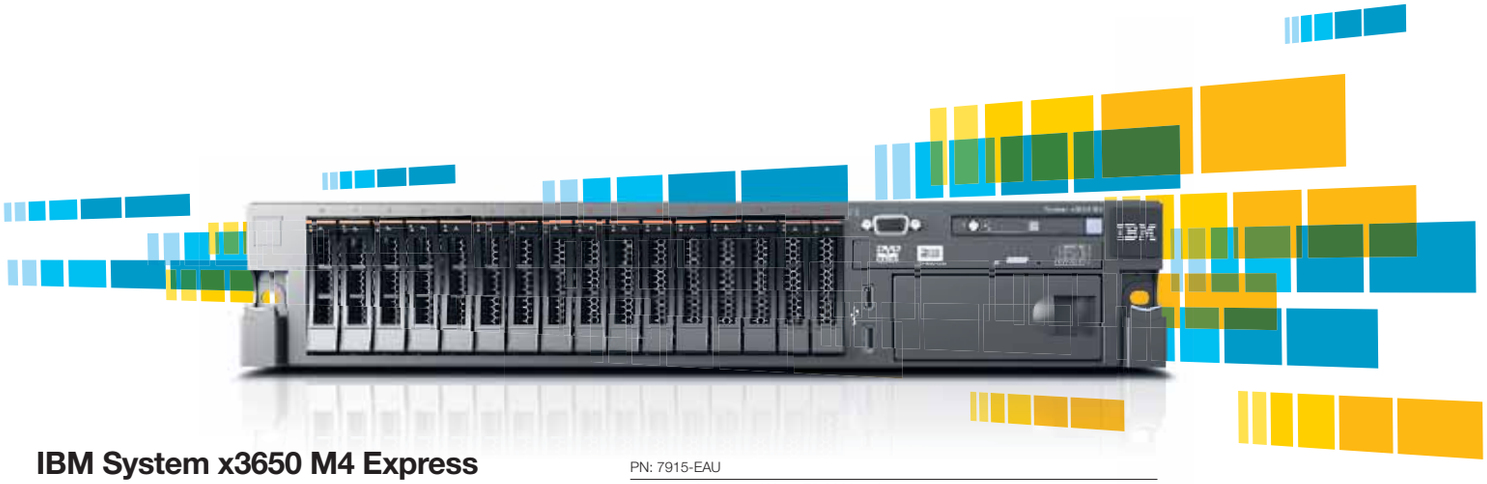

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1. TBR Report – "IBM System x® x86 servers: Meeting the demands of today's enterprises by combining value and support," January 2012. **2.** Source: Intel Performance comparison using SPECfp®_rate_base2006 benchmark. Baseline score of 267 on prior generation 2S Intel® Xeon® processor X5690 (3.46 GHz, 6 core, 12MB L3, 6.4 GT/s, 130W) based platform published at www.spec.org as of 6 Sept 2011. Estimated new score of 486 on 2S Intel® Xeon® processor E5-2690 (2.90 GHz, 8 core, 20MB L3, 8.0 GT/s, 135W) based platform is based on Intel internal measured estimates as of 6 Sept 2011 using two Intel® Xeon® processor E5-2690, Turbo Enabled, EIST Enabled, Hyper-Threading Enabled, 64 GB memory (8 x 8 GB DDR3-1600), Red Hat® Enterprise Linux Server 6.1 beta for x86_6, Intel® Compiler 12.1. **3.** x3650 M4 supports up to 768 GB of memory using 32 GB LRDIMMs in it 24 memory slots. Previous generation x3650 M3 supports up to 192 GB of memory. **4.** Ships with 4 1 Gb Ethernet ports standard and supports integrated slot-less 10 Gb Ethernet with Virtual Fabric. Previous generation server includes 2 1 Gb Ethernet slots and requires use of a PCI Express slot to support 10 Gb Ethernet. *Available later in 2012. IBM hardware products are manufactured from new parts or new and serviceable used parts. Regardless, our warranty terms apply. For a copy of applicable product warranties, visit http://www.ibm.com/servers/support/machine_warranties. IBM makes no representation or warranty regarding third-party products or services. IBM, the IBM logo, BladeCenter, System Storage, Storwize and System x are registered trademarks of International Business Machines Corporation registered in many jurisdictions worldwide. Other product and service names might be trademarks of IBM or other companies. For a current list of IBM trademarks, see www.ibm.com/legal/copytrade.shtml. Intel, the Intel logo, Xeon and Xeon Inside are trademarks of Intel Corporation in the U.S. and other countries. All prices and savings estimates are subject to change without notice, may vary according to configuration, are based upon IBM's estimated retail selling prices as of 11/06/12 and may not include storage, hard drive, operating system or other features. Reseller prices and savings to end users may vary. Products are subject to availability. This document was developed for offerings in Canada. IBM may not offer the products, features, or services discussed in this document in other countries. Contact your IBM representative or IBM Business Partner for the most current pricing in your geographic area. © 2012 IBM Corporation.

MAKE NICE FOR THE HOLIDAYS AND AVOID THESE NAUGHTY MISTAKES

SHE SAYS...
Jessica Napier
metronews.ca

The holidays tend to bring out the best in people, but occasionally (often) they also bring out the worst. Here are five common mistakes you'll probably make at some point this season, but maybe should try to avoid.

1. Do something inappropriate during the office holiday party.

It doesn't take a genius to figure out that free booze + annoying co-workers (or even worse, a sexy co-worker) makes for a terrible combination. Plenty of you are going to get yourselves into trouble after a few too many eggnog-based bad-idea bevvies. But be sure to alternate between yuletide cocktails and water to avoid turning into a red-faced wreck and remember, what happens at the office party ends up on Facebook.

2. Attempt to shop for others and buy gifts for yourself, instead.

I get it; you're roaming the mall on a peppermint mocha high and suddenly you want to buy ALL THE THINGS. But you know who's going to be really mad about that decision? Future you. A $40 lipstick is going to seem pretty wasteful when you see your credit card bill in January.

3. Feel sad about spending the holidays alone.

There's something about this time of year that brings out the smugness in happily-in-love couples. And sure, it would be ideal if we all got to spend the holidays walking hand-in-hand with that special someone through a majestic snow-covered winter wonderland, but the reality is, that may not happen for you. So ignore your Facebook feed as it lights up like a Christmas tree with engagement ring photos and focus on yourself. Spend the money you saved on not buying a gift for a significant other on an enjoyable solo excursion and laugh at all those people suffering through overcooked turkey with the in-laws.

4. Make the 'seriously?' face after opening a terrible gift.

It's hard to feign excitement over a lacklustre gift. One year my grandparents gave me a biblical pamphlet and a pair of scissors. No, it wasn't a joke. I smiled graciously despite my secular leanings and an abundance of clippers back home. Because if the holidays are about making others happy, then pretending you really love a three-pack of gym socks or a novelty tie is the least you can do.

Which brings me to my final mistake.

5. Forget what it's really all about.

The holidays aren't really about the presents; they're about being present (see what I did there?) with your loved ones. So stop Instagramming your holiday haul and try to warm that Grinch-heart by having an actual conversation with your family.

No need to make the puppy face this season. SADIEHART/FLICKR

Darwinism makes fashion sense

REBECCA ROSE/TWITTER

@GRAPHICMATT/TWITTER

Monkeying around

Tweeters go ape over Darwin

Twitter can't stop monkeying around.

Since the discovery of a stylish monkey wandering around a Toronto Ikea parking garage Sunday the Twittersphere has exploded.

Darwin, the rhesus macaque monkey now in the custody of the Story Book sanctuary, has become an overnight Internet sensation and garnered attention from CNN's Anderson Cooper and a number of politicians on Parliament Hill, not to mention media from around the world.

A number of Twitter users took to the Ikea monkey hashtag (#ikeamonkey) Monday to quip about the sharp-dressed man, er, monkey.

One tweeter implied Darwin and Oasis' Liam Gallagher might be long lost brothers.

"If Ikea has any business sense at all, it'll be rushing sheepskin coat-wearing toy monkeys to its outlets by Christmas," said @ColinHalling. TORSTAR NEWS SERVICE

Runaway to runway

SSENSE/CONTRIBUTED

Darwin is setting fashion trends with his tan, double-breasted shearling coat.

- Toronto Life claimed there's a coat to make you look as dapper as the Ikea monkey: the "tan, faux-shearling parka from A.P.C. with inset pockets and a concealed zipper..." (Pictured above, which was published next to a picture of Darwin).

Memes

Ikea monkey often imitated

From one-liners, to silly new Ikea slogans, to Photoshopped pictures, people are having endless amounts of fun with the news that a monkey named Darwin was spotted running around outside an Ikea in a shearling coat on Sunday.

One user posted a picture of the monkey, sporting its stylish coat juxtaposed with pictures of Ryan Gosling and Jared Leto wearing similar jackets asking, "Who wore it best?" TORSTAR NEWS SERVICE

PERKYCARROT/INSTAGRAM

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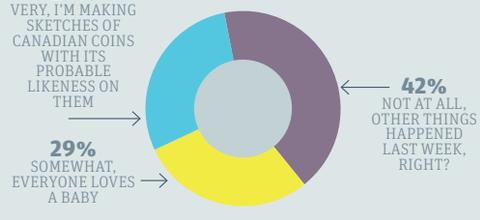
Register at metropolitanpanel.ca and take the quick poll

How interested are you in the royal baby?



Twitter

@jnhatcher: Can someone please photoshop #ikeamonkey onto @ConanOBrien 's profile pic?

@Jodi_Williams_: "Mom, mom.... Can I get an #IkeaMonkey ?" - every kid this Xmas

@vickersty: Sears, attempting to stay current, has announced they will be releasing a mongoose somewhere in the store. #ikeamonkey

@fabthebrand: Fine I'll just come right out and say it..All I want for Christmas is an #IKEAMonkey lol I did it, i'm on the bandwagon

@TharmigaToews19: oh... wow they cancel more games.. yeah how about cancel the whole season -__- sick and tired of your games ! #NHL #NHLPA #NHLLOCKOUT

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STOP HAIR LOSS

for MEN and for WOMEN

#1 SELLING IN CANADA

Hair Grow Technology's Bio-Fen® product line is continually moving forward! We are introducing our two latest versions; **Bio-Fen® Plus for Men** and **Bio-Fen® Plus for Women**. These products have been assigned Natural Product Numbers (NPN's) by Health Canada.

We recognize that both men and women experience androgenic alopecia (AGA, or male / female pattern baldness) and have made some improvements to the original formulation based on the latest science to address their specific needs. You will notice that we now have additional complementary (Health Canada Approved) health claims on each product.

How does Bio-Fen® PLUS work?

We are bringing you two new products with **double** the number of capsules and **triple** the number of health claims for men and **four times** the number of health claims for women.

As in the previous formulation, the fenugreek seed extract in both new formulas reduces excess blood lipid levels (hyperlipidemia). Fenugreek contains β-sitosterol, an active plant sterol, which has been shown to inhibit 5-alpha-reductase activity – the enzyme responsible for converting excess testosterone to *DHT*(which is the primary molecule that causes hair loss). The SDG (secoisolariciresinol diglucoside) from flax lignans in both formulas also decreases excess cholesterol - the building block of testosterone. Based on new research on the rate of metabolism of SDG in flax lignans (8-12 hours on average), the dosage in both products has been revised from once a day to twice a day for optimum results.

Twice the Strength!
Twice the Power!

Bio-Fen® Plus for Men:

As before, the saw palmetto extract inhibits the enzyme 5-alpha reductase, and this action slows down the conversion of testosterone to dihydrotestosterone (or DHT) – the overabundance of which causes the miniaturization of hair follicles. This activity of the saw palmetto also helps to relieve the urinary symptoms of mild to moderate BPH for men.

The saw palmetto that originally was an extract standardized to 45% free fatty acids, esters, and sterols while the new formula is a 4:1 extract to support the BPH claim. The product still contains these molecules for hair loss, but they are now at proprietary amounts based on our research so that the competition cannot duplicate our formula.

Bio-Fen® Plus for Men will also help to:

- ***Relieve the urologic symptoms associated with mild to moderate benign prostatic hyperplasia - BPH** (e.g. weak urine flow, incomplete voiding, frequent daytime and night time urination).*
- ***Reduce elevated blood lipid levels / hyperlipidemia.***

Bio-Fen® Plus for Women

The women's formula is almost the same as the men's formula. The mechanisms and results for the women formula is the same. The only difference is it contains silicon and iron instead of saw palmetto. Silicon has been shown to contribute to hair shaft strength and thus healthy hair growth. It also contains iron which helps prevent iron deficiency. A number of studies have related sub-clinical iron deficiency in women to diffuse hair loss/alopecia.

The increased amount of SDG and other revisions to the regulations allow us to make some additional health claims for *Bio-Fen® Plus for Women*.

Bio-Fen® Plus for Women will also help to:

- ***Reduce elevated blood lipid levels/hyperlipidemia***
- ***Prevent iron deficiency.***
- ***Metabolize carbohydrates, fats and proteins.***

How long must I use Bio-Fen® Plus?

Bio-Fen® Plus for Men capsules are usually effective at stopping hair loss within the first two months. However, since healthy hair grows only about 1 cm each month, it may take up to three months before you notice that hair growth is increased or the rate of hair loss is decreased. Anyone experiencing new growth should see it within four months. In some people the original pigmentation may come back. Once you stop completely your hair growth pattern will slowly go back to the point where you started. However, some people may be able to go with a lower maintenance dose.

What is the quality of Bio-Fen® Plus for Men?

Bio-Fen® Plus for Men is manufactured in Canada according to quality assurance specifications called Good Manufacturing Practices (GMP). This ensures that the ingredients are tested for their level of quality, potency & purity, prior to production and the finished product prior to sale.

Hair Grow Technology (Bio-Fen® Plus) is a progressive company - we continually seek out the latest research on bioactive ingredients, and on regulatory updates in the natural health products industry.

See our website to locate your nearest store that carries *Bio-Fen® Plus*.

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Big Boi's new album Vicious Lies and Dangerous Rumors is his second standalone effort from OutKast. ANDREW ZAEH

Setting the record straight on a dangerous rumour

Big Boi's new album. One half of OutKast has some new work to share, but first Metro had to find out how to Tom Petty someone

PAT HEALY
Metro World News

Vicious Lies and Dangerous Rumors, the second stand-alone solo album from Big Boi, may raise a few questions about a certain Southern musician. No, we're not talking about his erstwhile OutKast collaborator André 3000, but Tom Petty. The first lines of a track with the title spelled out Thom Pettie feature an impossibly deep voice chanting, "Thom Pettie that hoe/Free falling, we out all night." We had to get to the bottom of the meaning before any real vicious lies or dangerous rumours spread.

What does it mean to Tom Petty somebody?
If you're going out for the wild night and you never know where the night is going to take you, we call it free falling. That's called Tom Pettying! If you Tom Petty for the night, you don't know where you're going to end up at in the morning.

Does Tom know about this?
I don't know.

Is this something you're doing to create a dialogue? Would you ever collaborate with him?
Hell yeah! If it was time to do it, then yeah. I'll work with anybody as long as it's fun.

I heard you had been working on something with Modest Mouse, too.
Well, they came and they wanted us to do some work on their album, me and my partner Chris (Carmouche), so they came down for a weekend and we co-produced like three records with them. I think they're just handling some stuff internally, but the songs are dope as hell, and I can't wait for them to come out.

Who else are you trying to work with?
I really want to work with Kate Bush. That's the only person that I haven't worked with that I want to.

I heard that you really wanting to work with her! And you guys are exchanging emails now?
We're actually talking on the phone. We're going to have a face-to-face meeting when I go over to Europe, just to sit down and talk with her, catch up a little bit and see where we can go from there.

How did the collaboration with the bands Phantogram and Little Dragon work? Did either of you come into the studio with ideas you wanted to use?
Not really. It really all starts with the music. We started recording and it was like an experimental process. We started with sound, from scratch, and let the song just build from there.

What kind of back-and-forth did you have with the bands?
As far as production wise, it was tinkering with the music. When we first record all the elements might not be there, and through the course of 13 months the song would change several times, just adding to the music. Me and my partner, Chris (Carmouche), were pretty much in charge of the whole metamorphosis of the music, so I had both Little Dragon and Phantogram each come for like a week straight, and we'd just sit down and record a lot of music. And then we would send the stuff back and forth, and if they had elements they wanted to add, they would add it and send it back to us.

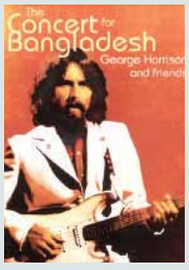
Basic Cable and Digital Box required for On Demand programming. On Demand not available in all areas. Programming subject to change without notice. The Bourne Legacy © 2012 Universal Studios. All Rights Reserved. PG. © 2012 Rogers Communications.

Bruce Springsteen, Kanye West, Alicia Keys and more are banding together for a concert for Hurricane Sandy relief on 12/12/12. While the quaint notion that rock 'n' roll can heal the world's ills may have been dialed back considerably since the 1960s, it certainly can spur fans to donate to a worthy cause.

MIKE DOJC
scene@metronews.ca

5 concerts with benefits

1 Concert for Bangladesh (1971)



HANDOUT

Sitar strummer Ravi Shankar and his most heralded disciple, the Beatles' resident quiet guy George Harrison, rounded up a bunch of their famous buddies to raise funds for Unicef and other aid groups operating in the flood-ravaged and war-torn region. The two resulting shows staged in Madison Square Gardens along with the accompanying benefit album and film raised more than $15 million and proved that when properly harnessed, music can be a powerful force in building awareness and helping to affect change. Concert for Bangladesh is often heralded as the godfather of marquee benefit concerts of global import. Headliners: Ravi Shankar, George Harrison, Eric Clapton, Bob Dylan, Billy Preston.

2 Live 8 (2005)

The sequel to Live Aid really upped the ante on its predecessor with an even loftier goal, the eradication of poverty through African debt forgiveness, trade concessions and billions in new aid. Bob Geldolf turned the volume up on the musical extravaganza, arranging more than quadruple the participating venues. Star packed bills played Berlin, Cornwall, Edinburgh, Johannesburg, London, Moscow, Paris, Philadelphia, Chiba, Japan and Barrie, Ont. Still, London's Hyde Park was clearly the show to be at with the likes of U2, REM, and Elton John among the warm-up acts. Headliners: Pink Floyd, Bjork, Pet Shop Boys, The Cure, Neil Young.

GETTY IMAGES

3 Hope for Haiti Now (2010)

Merely a couple weeks after a 7.0 earthquake decimated the island nation killing 300,000 and displacing 1.5 million into tent cities, a telethon benefiting the Clinton Bush Haiti Fund, Oxfam and other Haiti relief charities was staged. Host Wyclef Jean provided the show's most memorable moment. "Hold up, enough of the moping, let's rebuild Haiti, let's show 'em how we do it where we come from," he hollered midway through Rivers of Babylon before launching into Yele, a rhythmic jam with the chorus "earthquake, we see the earth shake, but the soul of the Haitian people it will never break." Headliners: Alicia Keys, Rihanna, Taylor Swift, Madonna.

GETTY IMAGES

4 SARSstock (2003)

TORSTAR ARCHIVES

Toronto hotels were on life support in the wake of a World Health Organization travel advisory warning that goosed pandemic fears and spooked potential visitors. Leave it to the Rolling Stones, whose deep affection for the city spurred the legendary band to help resuscitate a flat lining tourism industry. The aim of this hastily arranged music marathon was to show to the world that Toronto was safe and open for business. Upwards of 490,000 revellers, including yours truly, swarmed Downsview Park on a steamy day in July for the biggest ticketed concert in Canadian history. While the heat was oppressive and there was no shade in sight, aside from a whole lot of sunburn, the only real hitch came when unruly fans booed and hurled plastic bottles at pre-SexyBack Justin Timberlake. Headliners: Rolling Stones, AC/DC, Rush, The Guess Who, Blue Rodeo.

5 Live Aid (1985)

GETTY IMAGES

Packed houses at Wembley in London, England and JFK Stadium in Philadelphia along with 1.9 billion home viewers tuned in to catch the concert of the decade, an ambitious dual venue benefit bent on quashing hunger in Ethiopia. At the Philly show folk star Joan Baez set the tone: "Good morning, children of the '80s. This is your Woodstock, and it's long overdue." The most touching moment came at the curtain call when the stage filled with dozens of artists sharing mics for an emotional rendition of We Are the World. Headliners: Sting, Queen, U2, Madonna, Run-DMC and Phil Collins, who played Live Aid on both sides of the pond by hopping on a Concorde flight.

Simple Plan puts their 12-year story in book

Definitive history. Chuck Comeau's tendency to collect everything has paid off as band puts together story for their fans

IAN GORMELY
scene@metronews.ca

Every parent has at least one box of their adult children's things buried in the basement, or tucked away in an attic. But whatever misgivings they may have about their kid's junk pales in comparison to the array of items Chuck Comeau's been storing at his parent's home for the last 15 years.

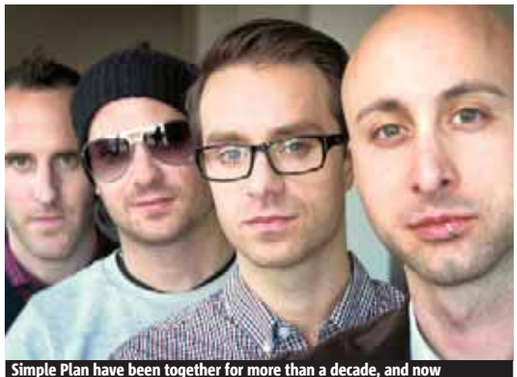
The Simple Plan drummer has played the role of "archivist" in the Montreal-based band since he and singer Pierre Bouvier started out as Reset when they were teenagers. "In the early years, you don't really know if you're going to become successful," he says, as he autographs a foot-tall stack of press photos of the five-piece group. "For some reason, we felt it would be cool to look back on that stuff."

Comeau finally made good on his threat last summer, digging through the 30 boxes of set lists, ticket stubs and even record label rejection letters in preparation for a book, titled Simple Plan: The Official Story, that celebrates the 10th anniversary of the group's debut album, No Pads, No Helmets ... Just Balls. "It took a long time," he says. "You would stop and read something and think, 'Oh my God, I can't believe I still have that.'"

Included with the various ephemera are some of the 45,000 photos the group have banked over their twelve year run, during which they've sold close to 10 million albums. "The first two albums, was non-stop, straight, zigzagging around the planet," recalls rhythm guitarist Sebastien Lefebvre. "To see how much we've done was the most fun part for me."

Quebec journalist Kathleen Lavoie tells their story, creating what Comeau calls "a cool artifact."

"We put ourselves in the shoes of a hardcore fan," he says. "My favourite band is Blink 182. I wish they would make this book. I would buy it."


Simple Plan have been together for more than a decade, and now they have a book to document their story. THE CANADIAN PRESS

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Bringing The Hobbit to the big screen

Not another Lord of the Rings. Cast and crew reflect on the controversies surrounding the upcoming trilogy

HEIDI PATALANO
scene@metronews.ca

For years, film industry insiders have been following the making of The Hobbit with as much enthusiasm as fans of the original J.R.R. Tolkien novel of the same name.

As the prequel to the immensely successful The Lord of the Rings films, production of The Hobbit was mired for years in studio budgeting issues and a changeover of directors to helm the films.

Add to that director Peter Jackson's decision to split the story into three films and to use the new technology of filming at a higher frame rate (double the standard 24 frames per second) and you've got a story that goes far beyond the tale of Bilbo Baggins and his quest to the Lonely Mountain.

Peter Jackson on his reluctance to direct this franchise after Guillermo Del Toro left the project:

"I thought that I wouldn't enjoy it, is the truth," Jackson says. "Because I thought I'd be competing against myself to some degree. I thought it would be interesting to have another director. ...

"I'd come to realize that there's a lot of charm, a lot of humour in The Hobbit that The Lord of the Rings didn't have ... I thought, you know what? This is not Lord of the Rings. I'm not going to try to make another film exactly like that."

Andy Serkis and Sir Ian McKellen defend Jackson's decision to split The Hobbit into three films:

"Anyone who thinks Peter Jackson would fall for market forces rather than artistic imperative doesn't know the guy and hasn't really examined the body of his work," says McKellen, who reprises his role as Gandalf from The Lord of the Rings series. "It definitely warrants three films," Serkis asserts. In addition to returning to the role of Gollum, Serkis is also the director of the second unit for all three films. "These films are underlaid and textured with incredible detail. … Condensing it into two films seems almost impossible now."

Peter Jackson. GETTY IMAGES

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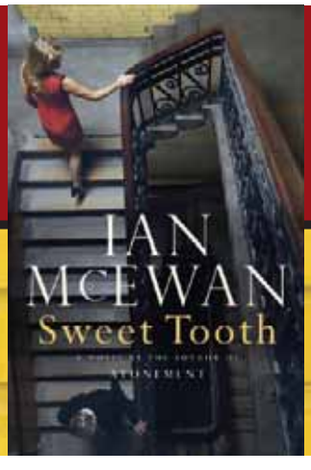

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Gandalf returns in The Hobbit trilogy

Sir Ian McKellen. The British actor sits down with Metro in New York City to talk wizards and hobbits

HEIDI PATALANO
scene@metronews.ca

Sir Ian McKellen is a figure who looms large — not only because of his vaunted career, but as the towering wizard Gandalf in The Lord of the Rings trilogy and more recently in Peter Jackson's The Hobbit.

Sir Ian McKellen as Gandalf in The Hobbit trilogy. CONTRIBUTED

J.R.R. Tolkien never really addresses women and sex. In the scene you have with Galadriel played by Cate Blanchett, it seemed like there was a romantic feeling somewhere in there.
We didn't discuss it. Cate's spoken about this as well. She's a theatre person like I am. We got along terribly, terribly well and we laughed a lot and vowed that we wanted to work together perhaps on stage in the future and I think that closeness, which developed very spontaneously, just fed into the scene.

Why do you think Tolkien never wanted to address these things in stories that are so epic in their scope?
He wasn't trying to reflect in Middle Earth all aspects of human life. If he had, you'd have to say he failed because, of course, women would be there. Sex would be there. But you can tell a rattling good story without any of that, which I think is why, on occasion, people look to the close relationship between Samwise and Frodo as being a homosexual one. There's sort of that, but I think it's an affection without actual sex.

It's been said that you were reluctant to do The Hobbit.
It wasn't so much that I had my doubts. I did, but Peter Jackson had his doubts. He was on and off for these films. He withdrew, he came back, he was ill, he sort of withdrew, another director came in. I had to prepare myself for the possibility that these films were never going to be made. ... But in the end I didn't want to imagine anybody else playing Gandalf and a friend and actress said to me, "Well Ian, fans don't care about your personal problems. You have to get on and do it." It's not often you feel that impulse coming from the audience.

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Actor revisits 'precious' role in Hobbit

Andy Serkis.
British actor talks to Metro about the trials and tribulations of playing Gollum in another three films

HEIDI PATALANO
scene@metronews.ca

Andy Serkis as Gollum in The Hobbit trilogy. CONTRIBUTED

It hardly sounds favourable to say that Andy Serkis looks like the character he's known best for inhabiting — Gollum is one homely ex-hobbit — but they both possess piercing blue eyes that captivate those on whom they're set.

After playing this physically demanding role for six films, you must have some sort of Gollum calisthenics routine.
I have to stretch out everyday now, because a lot of the roles I have played in recent times have been physical … but I just do basic stretches. I have to. My back took a hit when I did Gollum the first time around. I ended up with a pretty sore lower back from being crouched down all the time. ... When I'm doing a role like that I usually work with a muscular therapist. I have a great one in New Zealand, Tracy.

You have a lot more to go with Planet of the Apes.
That's absolutely right, because the most exhausting part of that role was playing him as a young chimp — that was pretty tortuous, that was hard work. He had the fast energy, but low and crouched and then spinning around. I was pretty exhausted doing that.

So in The Hobbit Gollum has a scene with Bilbo Baggins that is said to be the most iconic of anything Tolkien wrote. Had you rehearsed this in your mind, even before you started shooting the first Lord of the Rings film?
Absolutely, because it's the source of losing the ring and from then on it becomes Gollum's revenge. The desire to kill Baggins and get back "the precious" is what drives the entire Rings trilogy, so this is the source of it. ... Lord of the Rings was written after The Hobbit, so subsequent publications of The Hobbit have more about the ring, which Tolkien went back and wrote.

You've done so many motion-capture roles recently. Have you become more comfortable doing that as opposed to showing your face on camera?
In terms of acting it's the same thing. There's no difference. That's the thing, performance capture is a technology which is another way of recording an actor's performance. … To play Gollum is no different to playing Ian Dury or to play King Kong is no different to playing Ian Dury. It's all about characterization and embodying that role and finding a physicality and physical vocabulary, a mental understanding, building the emotional arc of the character and just getting into the role. And that's the same whether you're wearing a costume and make-up and a caliper on one leg or crawling around as Gollum.

Laura Linney stars in Hyde Park on Hudson, which opens on Friday. HANDOUT

Actress Laura Linney talks about her Oval Office fantasies

Hyde Park on Hudson. Playing a mistress to FDR is just one presidential encounter that the star has behind her

NED EHRBAR
Metro World News in Hollywood

Hyde Park on Hudson pits Laura Linney as a very unique witness to history. As a distant cousin and eventual mistress to President Franklin D. Roosevelt (Bill Murray), she watches as the president receives the King of England on the eve of the Second World War at his Upstate New York home. It's not Linney's first time tangling with men in the Oval Office, of course — she starred in the mini-series John Adams. So we were curious what other presidents she'd like to work with.

The plot here hinges on a visit by King George VI and his wife. Is it tough having this come so soon after The King's Speech, when people have such a picture in their head of that couple?
A lot of people have said that to me, but if there's a good thing I just want more of it. And I think it's interesting to see, because you have the knowledge of The King's Speech, and then there's the knowledge of this movie, which is different. It deals with things other than the royal couple, even though they do feature strongly in this. But I love The King's Speech. I just love that movie. So, you know, yeah some similar characters show up. Particularly for American audiences, they'll be a little bit more educated about who these people are.

It's fascinating how much FDR was surrounded by women, and very influential women at that.
Yes. And he always was, at least in his inner circle, people who were around him all day long. And he had very different relationships with all of them, this sort of constellation of women. He was a momma's boy. You know, he never had his own home — other than maybe the Governor's mansion. ... But he never had his own home, he always lived with his mother.

You've covered John Adams, now you have FDR. What other presidents do you want to play alongside? Do you have a presidential dream team?
Oh my goodness. Who would be a good one? You know, they're really all so wildly interesting. ... I'd be interested in whoever the first female president is going to be, which is imminent. Within the next generation, I hope. And then there's Taft, who got stuck in the bathtub. I think there would be something interesting about Taft.

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DVD review

The Bourne Legacy

Director. Tony Gilroy

Stars. Jeremy Renner, Rachel Weisz, Edward Norton

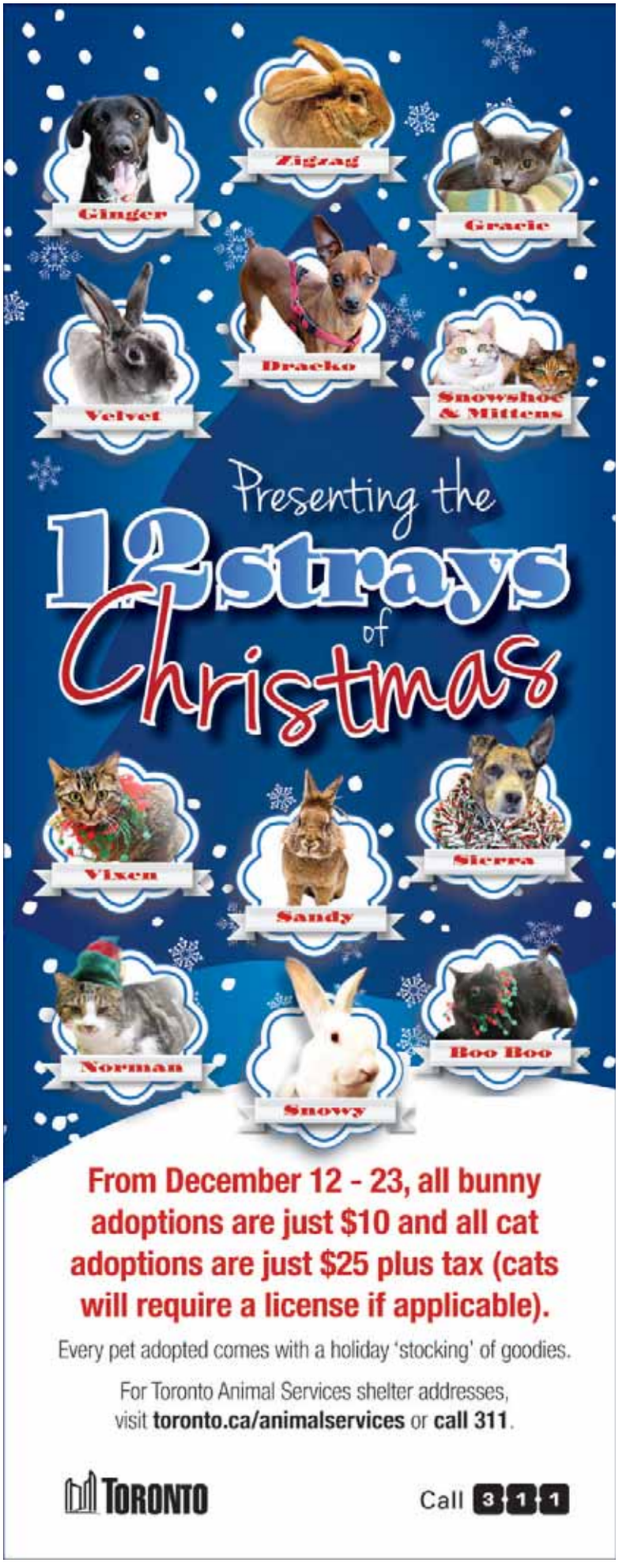
Wonder of wonders, identity isn't the issue in The Bourne Legacy, even with Jeremy Renner replacing Matt Damon as the forgetful spy guy. Renner is rugged and restless, fighting personal demons as well as ones employed by Uncle Sam. Rachel Weisz makes a terrific new sidekick, as a scientist turned accidental action woman. And Edward Norton gives good weasel as a ruthless CIA boss out to rub out the entire zombie assassin gang. The new faces are fine; it's the old hand that's the problem in this feeble fourth Bourne chapter. Series screenwriter Tony Gilroy supplants Paul Greengrass as director, and the loss of momentum is palpable. Gilroy's a fine writer — he also penned Michael Clayton — but without the discipline of an action veteran like Greengrass to rein him in, he indulges his weakness to over-explain things. Gilroy and his co-writing brother Dan are too much into jabbering and jargon and not enough into action. The picture is almost saved by the third act, when a motorcycle chase in the crowded streets of Manila almost makes it seem like another director is at the helm. The late introduction of a new villain called Larx — who should be known as Lurch — isn't actually smooth, but it is fun to watch.
PETER HOWELL

Ted

Director. Seth MacFarlane

Stars. Mark Wahlberg, Mila Kunis, Seth MacFarlane

If you plan to see just one movie this year (or lifetime) about a trash-talking teddy bear, Ted may just be your cup of honey. For others, beware the bear! Mark Wahlberg's likeable loser John grew up with a magically mouthy stuffed bear, voiced by Family Guy creator Seth MacFarlane, who also makes his feature film debut here as writer and director. A prologue that sounds like a fairy tale (until the profanity kicks in) presents a matter-of-fact situation where John's talking-and-walking teddy (cleverly named Ted) is considered an astonishing miracle, until people get bored and move on to the next distraction. Meanwhile, what's a guy to do when he reaches 35, works as a Boston car-rental drone and still has a teddy bear, his furry BFF with a (dirty) mind of its own? The two are opposites in more than the obvious ways. John tends to get tongue-tied and say the wrong thing at the wrong time. John has a hot girlfriend named Lori (Mila Kunis) whom he's starting to get serious about. Ted has a trashy blond named Tami-Lynn (Jessica Barth), whom he sees when he's not with hookers. Ted and John get along anyway — until that day comes when John gets an un-bearable ultimatum from Lori. Ted's real trick is turning a one-joke premise into a reasonable facsimile of a movie.
PETER HOWELL



Redhead on the road: Lindsay hitches a ride on the romance bus

How serious are things getting between Lindsay Lohan and British boy-bander Max George? So serious that the troubled starlet has reportedly moved into his band The Wanted's tour bus, according to Hollyscoop. "(There's) no separate space, she bunks with the boys," the band tells the website. "It's nice to have a girl around. She keeps us in check." And George has been boasting of the supposedly sober Lohan's partying prowess, telling New York's Z100 radio station, "She always brings vodka to the table."

Lindsay Lohan ALL PHOTOS GETTY IMAGES

Shannen Doherty

Doherty reaches out to help troubled fan

Celebrities often say they care about their fans, but Shannen Doherty means it. The former Beverly Hills 90210 star called 911 from L.A. recently to get help for a Twitter follower in New Jersey Doherty believed was suicidal, according to TMZ. "This is going to sound incredibly strange," Doherty says on the 911 call, obtained by the website. "My name is Shannen Doherty and I'm an actress, and there is a girl who is threatening to shoot herself." The unidentified 27-year-old woman had sent Doherty messages on Twitter claiming she would kill herself if Doherty didn't call her on the phone. "My security guys told me to block her because she's aggressive and does very erratic things," Doherty says on the emergency call. "I felt bad for her, to be honest."

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METRO DISH

OUR TAKE ON THE WORLD OF CELEBRITIES

The Word

Beyoncé: Now brought to you by Pepsi

THE WORD
Dorothy Robinson
scene@metronews.ca

Pepsi is throwing a ton of cash — $50 million, to be exact — at Beyoncé to make the singer the "face" of the company. Here's what the deal includes:

- Beyoncé's face will be found on limited-edition cans, starting in March.
- She'll be featured in TV commercials, the biggest of which will debut after her Super Bowl XLVII halftime performance on Feb. 3.
- She will also appear in the usual media: billboards, magazine advertisements, etc.
- Pepsi will sponsor her tour.
- And here's where the deal might become an interesting collaboration: Pepsi will fund Beyoncé's creative whims, which might not have explicit connection to the soda giant, per the New York Times. This might mean live events, videos, "a cool photo shoot" or anything that Beyoncé might think of, said Lee Anne Callahan-Longo, the general manager of Parkwood Entertainment, Beyoncé's company.

Is anyone else surprised by this collaboration? I know it's hard to say no to $50 million, but soda is bad, y'all. Isn't she worried about lending her image and name to something that is known to cause wide-spread health problems?

Or am I just being all Mayor Bloomberg about this? Even looking past lending her image to a can of sugar, isn't Pepsi the No. 2 can of sugar? Leave Pepsi to Kelly Rowland, girl! You're a Coca-Cola girl all the way!

Demi Moore

Demi gets down: Moore's in Miami, trick!

Demi Moore is hitting Miami in a big way. The actress has been spotted around town multiple nights in a row at nightclubs and hotspots, living it up until the wee hours, according to Us Weekly. "The whole table was drinking," a source says after seeing Moore's gang kick off a recent night at club FDR. "She sat between two guys and was laughing, having fun." The group then hit up several other clubs before arriving at Rec Room around 4 a.m. "They were all starving," the source says. "They sat in the club eating burgers and fries and drinking beer until the club closed and the lights went on." While Moore's partying has led to problems before — including hospitalization and a stint in rehab earlier this year — a friend insists everything's fine, telling the magazine the actress is "in a good place. She's open to experiencing new things this year."

Taylor Swift

Harry Styles

Swiftly bonding with beau's bandmates

Taylor Swift's latest romance with Harry Styles gets the seal of approval from Styles' One Direction bandmate Louis Tomlinson, according to Us Weekly. "I'm happy they're good friends," Tomlinson coyly tells the magazine. "She's a really lovely girl." Given the amount of time Swift has spent recently with Styles — and the rest of the band, by extension — he's certainly had a chance to get a good impression.

Twitter

@Pink
I'm wishing everyone a little more tolerance this year in their stocking. For the new year. For Chanukah. Whatever you celebrate. After reading some of your responses to my happy Chanukah last night, I feel tolerance is something a lot of you need.

@channingtatum
Big thanks to the kids in Ms. Ochoa's 5th grade class at Poway's Valley Elementary! Great job on your project!

@rustyrockets
Anyone who does the (traumatic) Sydney Bridge Climb today tell "Bernie" the guide my Mum fancies him.

@ladygaga
He had me at "hello, it's Mick."

Fatty foods and a slim waist? It's a French secret

Health and well being. Metro's nutritionist takes on a French diet; chocolate soufflé and all

THERESA ALBERT
myfriendinfood.com

The French food diet isn't for everybody, but there are reasons it can work. HANDOUT

January will bring with it the resolution to lose weight or "get healthy," but come on, we all know it never works.

We are sidelined by the French-women-don't-get-fat-so-I-can-have-this-croissant the-size-of-my-face rationalization.

Wanting to test the French diet theory, I spent three days eating like the women I saw around me on a recent trip to Paris.

I asked a lot of questions and did everything they would do including eat late, drink wine, embrace cream and other fatty foods. What I discovered was that there is more, much more to it than meets the eye.

A typical (or slightly more decadent than typical) food day in Paris follows this pattern:

8 a.m.
Tiny croissant (four inches long), one teaspoon butter, one teaspoon jam and an espresso

10 a.m.
Espresso

1 p.m.
Fish soufflé, small salad, tiny scrap of bread, chocolate soufflé, one or two glasses of red wine

4 p.m.
Espresso, tiny cookie, a few nuts (four)

9 p.m.
Three ounces foie gras, five ounces baked fish, small scrap of bread, insanely buttery mushrooms, two or three glasses red wine, three homemade caramels.

I diligently followed the pattern, with variations, breaking every rule I have learned (and spouted) as a nutritionist.

By the end of the three days, my palate was happy as a clam but my body felt as sick as a dog.

Whether I am genetically unfit or my digestive system is untrained, this diet was clearly not meant for me.

Portion sizes were small enough that, even though the composition of the food was fattier, I was probably still clocking my average of 1,800 calories on a non workout day.

After only three days, my guts were churning, my gall bladder was screaming at me and I had gained a full pound and .01 per cent of a body fat percentage. This is statistically insignificant and unscientific to be sure, but it was interesting to note. My liver was probably ticked at me too, but livers are quiet, workaday organs that don't complain much.

THERESA ALBERT IS A FOOD COMMUNICATIONS CONSULTANT AND PRIVATE NUTRITIONIST IN TORONTO. SHE IS @ THERESAALBERT AND FOUND DAILY AT MYFRIENDINFOOD.COM

Secrets of the French

My goal was to come up with a take-home message that lets us enjoy the best of the French paradox while still applying a nutritionist's knowledge. Here are the secrets at play that let them get away with it:

- **Walk.** Parisians walk all day long, they walk to the subway, they take the stairs, they don't try to fit in a trip to the gym, but instead, they work their exercise into their day.
- **Drink.** Small, calorie free espressos fuel the day with less caffeine and fat than one double double adding up to about 300 calories less than the average Canadian's consumption (calorically, that buys you two glasses of wine).
- **Hunger.** Caffeine consumed in this espresso fashion suppresses the appetite, sugary, fatty lattes do the opposite
- **Hunger.** Choosing full fat foods (not beverages) suppress the appetite and allow a little to go a long way

Best Health

Mixed messages about booze

BEST HEALTH MINUTE
Bonnie Munday
Editor-in-chief
Best Health Magazine

In the December issue of Best Health, we go behind the headlines about the health benefits, and drawbacks, of alcohol. It's certainly confusing: one day alcohol is good for you, the next day there are warnings about it. For example:

"It increases your cancer risk" versus "It decreases your cancer risk."

"It harms your brain" versus "It helps your brain."

"It stresses you out" versus "It relaxes you."

"It harms your bones" versus "It helps your bones."

"It causes weight gain" versus "It helps you stay slim."

"It'll kill you" versus "It'll help you live longer."

The fact is, there is truth to each of the above statements and credible studies supporting each theory.

We dove into them to get you the truth about alcohol — and we drew some conclusions to help clarify the issue.

The article appears in the December issue of Best Health, on newsstands now.

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The holidays can leave you tangled and tied, but there are ways to not get caught up. ISTOCK PHOTOS

Surviving the holidays

The Christmas stress. With pressure coming in every direction, this time of year can be tough to get through unscathed

CELIA MILNE
wellness@metronews.ca

Striving for perfection? Forget about it. Your body might rebel if you try to be perfect during the holidays.

"The season is rife with mental health issues," says Toronto psychologist Dr. Judy Coldoff.

Women are especially vulnerable.

"There are gifts to buy and wrap, foods to prepare, decorations to mount, invitations to repay, budgets to extend — all in the spirit of a rather forced gaiety that lasts for almost two months.

"Above all," adds Coldoff, "there is pressure to do it right. These things take an intense toll on both physical and mental health."

Typical pitfalls of the season are drinking too much, not getting enough sleep, over-eating, anxiety, not exercising, keeping up with the Joneses, having too much to do, exceeding your budget, feeling conflicted with family members, travel hassles, and the woes of shared accommodation.

"It's supposed to be so beautiful, so like that Norman Rockwell painting. It rarely is."

Website

If you're looking for ways to improve your mental fitness, go to mynewhead.com.

- **Online.** This new website was created through a partnership between the Canadian Mental Health Association and Air Miles, and is designed to help you make positive changes in thinking and behaviour.

Holiday tips

Dr. Coldoff's tips for surviving the holidays

- **Shopping.** Avoid holiday crowds by shopping at off-hours.
- **Money.** Draw up and stick to a budget.
- **Naps.** Get plenty of sleep
- **Food.** Plan pot-luck meals to share the work
- **Exercise.** Have group walks as a planned activity.
- **Social life.** Refuse some invitations

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Meet the doctor behind a potential HIV vaccine

Medical research.
Dr. Bob McNally has created a buzz around recent research that could lead to new medical options

MEREDITH ENGEL
Metro World News

Dr. Bob McNally
HANDOUT

Dr. Bob McNally is the CEO of GeoVax Labs, which is currently testing a vaccine for the prevention of HIV.

Metro spoke to him about the potential vaccine.

How does this vaccine work?
You chop up the HIV virus and choose different parts of the genetic material that you want to put into a vaccine. Whoever is going to be vaccinated, you train their immune system so that when they see that particular genetic material, they're going to develop what's called antibodies, as well as white cells against it. So if they're exposed to the virus, their system's already primed. It's the same thing that you do with the flu: You chop it up and you put it in some kind of a carrier.

If the same approach is used in other vaccines, why hasn't it been tried on HIV before?
Scientists didn't know for many years what part, which genetic material to choose, and how (to) deliver it effectively. That's always been an issue, trying to figure out what works and what doesn't work. It really comes down to trial and error.

How is this vaccine different from other HIV preventive measures out there?
We've been fighting this virus for 30 years. There's good oral drugs that are out there for people who are HIV-positive, but when it comes to prevention, there are some regimens where you can take drugs but there's cost and medical side effects from doing that — plus human beings aren't likely to take a pill every day for the flu or for polio. You just don't (do) that. A vaccine really is the only choice. Just like polio and small pox, it's vaccines that really turned the tide on these infections.

If the vaccine is approved, will we someday see the end of new HIV diagnoses?
I think we'll have one piece of it, but one of the other things is that HIV has different forms.

It morphs frequently, and when you have a drug that goes after one aspect of it (and) it morphs into something else, then the vaccine's not very effective.

So will it ever be feasible to say there is a one-size-fits-all way to prevent and/or cure HIV?
I think eventually, many years off into the future, once we find out what does work.

We have a trial right now that we're doing in people who are HIV-positive, mostly just to see how safe the vaccine is. There's another one that's really of interest here, a trial we're going to do the first half of next year which combines oral drugs and a vaccine. ... What the National Institutes of Health is hoping to do is throw everything at it and see if we can eventually reduce viral load to the point where potentially it would become nonexistent.

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Liven up ho-hum spinach with pecans, pears and brie

This recipe serves 8. BRIAN MACDONALD/ROSE REISMAN'S COMPLETE LIGHT KITCHEN

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The sweet and savoury combination of cinnamon-sugared pecans, ripe pears and small morsels of brie is sensational. There is very little oil in this recipe, but you won't miss it. You can easily make this a main meal salad by adding some grilled chicken or shrimp.

1. Preheat oven to 350°F. Spray a baking sheet with cooking oil.

2. Rinse the pecans with cold water. Drain, but do not let them dry. Combine the icing sugar, cinnamon, allspice and nutmeg in a small bowl. Dip the pecans in the sugar mixture, coating them well. Spread on the prepared baking sheet.

3. Bake for 15 minutes in the centre of the oven. Remove and cool. When they're cool enough to handle, chop coarsely.

Ingredients

- 1/3 cup pecan halves
- 3 tbsp icing sugar
- 1/4 tsp cinnamon
- 1/8 tsp allspice
- 1/8 tsp nutmeg
- 8 cups baby spinach leaves
- 1 cup diced radicchio
- 1 large ripe pear, peeled, cored and diced
- 2 oz brie, diced
- 2 tbsp orange juice concentrate, thawed
- 2 tbsp olive oil
- 1 tbsp balsamic vinegar
- 1 tsp minced garlic
- 1/2 tsp liquid honey
- 1/2 tsp Dijon mustard

4. Combine the spinach, radicchio, pear and brie in a large serving bowl.

5. Whisk the juice concentrate, oil, vinegar, garlic, honey and mustard in a small bowl. Pour over the salad and toss to coat. Garnish with the candied pecans.

ROSE REISMAN'S COMPLETE LIGHT KITCHEN (WHITECAP BOOKS) BY ROSE REISMAN

Health Solutions

Liver and let live

NUTRI-BITES
Theresa Albert, DHN, RNCP
myfriendinfood.com

I'm guessing that by now you've been to at least three more parties than during any other month of the year. And more parties means more drinks.

It's a good time to think about how to protect your liver (year-round, but especially now). The liver does more than process alcohol — it has more than 500 jobs, including balancing your hormones and filtering every drop of blood.

Here are some foods that give your liver the nutrients it needs to keep you healthy:

- High selenium foods for proper enzyme activity: Brazil nuts, brewer's yeast, kelp, brown rice, garlic, onions and molasses.
- High methionine foods that aid in detoxification pathways: eggs, fish, legumes and seeds.
- High sulphur foods that aid in detoxification: broccoli, cauliflower, cabbage and brussels sprouts.
- Vitamin B5, which speeds up detoxification of acetaldehyde after alcohol consumption: whole grains, chicken, wheat bran and nuts.
- Vitamin B1, which reduces the toxic effects of alcohol, smoking and lead: wheat germ, dried peas and soybeans.
- Coffee, which has phytonutrients that help support the liver: three small cups per day, maximum.

And for heaven's sake, don't take acetaminophen (Tylenol) for a hangover, the combination with alcohol is toxic to the liver.

THERESA ALBERT IS AN AUTHOR AND ON CALL, PRIVATE NUTRITIONIST IN TORONTO. SHE IS @THERESAALBERT ON TWITTER AND FOUND DAILY AT MYFRIENDINFOOD.COM

Keep off holiday pounds with this Cobb Salad

Ingredients

- 1 tbsp cornstarch
- 1 tsp ground cumin
- 1 tsp smoked paprika
- 1 tsp garlic powder
- Kosher salt
- 1 pound butternut squash, peeled, seeded and cubed
- 1 head cauliflower, cored and cut into small florets
- 4 tbsp olive oil, divided
- Ground black pepper
- 1 pound carrots, cut into 1-inch chunks
- 1 tbsp fennel seeds
- 1 pound brussels sprouts, bottoms trimmed
- 2 tbsp molasses
- 2 pounds sweet or spicy Italian sausages

This recipe serves 8. MATTHEW MEAD/THE ASSOCIATED PRESS

1. Heat the oven to 425°F. Coat 2 rimmed baking sheets with cooking spray.

2. In a large bowl, mix the cornstarch, cumin, smoked paprika, garlic powder and 1 tsp of salt. Add the squash and toss until well coated. Arrange the squash in an even layer at one end of one of the baking sheets; it should take up about half of the sheet. Spritz the squash liberally with cooking spray.

3. Wipe out the bowl, then add the cauliflower and drizzle with 2 tbsps of the oil. Toss, then add 1 tsp of black pepper and toss again. Arrange next to the squash on the baking sheet. Bake for 35 to 45 minutes.

4. Meanwhile, add the carrots to the bowl (no need to wipe it out). Drizzle with 1 tbsp of the remaining oil, the fennel seeds and 1/2 tsp each of salt and pepper. Toss well, then arrange on one half of the second baking sheet. Add the brussels sprouts to the bowl (no need to wipe it out), drizzle with the molasses and the remaining oil. Toss well, then arrange next to the carrots. Arrange the sausages over the Brussels sprouts and carrots.

5. After the squash and cauliflower have roasted for 15 minutes, add the second baking sheet and roast both for another 20 to 30 minutes, or until the vegetables and sausages are browned and tender. Serve directly from the baking sheets.

THE ASSOCIATED PRESS

Do your research

How to greet in Middle East

CHARLES THE BUTLER
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For more, visit charlesmacpherson.com

I just came back from an amazing business trip to the Middle East, where I was in the beautiful city of Doha, Qatar. While I was there, I was watching a group of international businessmen greet a group of locals. The locals, who were most likely hosting the businessmen, included both men and women. What occurred to me very quickly was that the businessmen had no idea how to correctly greet their local hosts and sadly they were making people both uncomfortable and embarrassing themselves.

It is important to know how to conduct yourself no matter where you travel. In the Middle East, it is not common or local custom for men and women to shake hands. So what do you do? It is common and correct for men to shake hands with men, however, when men and women are being introduced professionally, instead of shaking hands both parties put their right hand over their heart and bow their heads while saying introducing themselves. When women are introduced, they tend to only bow their heads at each other during their introduction. So why is this local knowledge so important? Because etiquette is about making others and yourself comfortable and understanding people's customs so that everyone in the room knows what to do and is at ease with each other. Remember the expression "when in Rome, do as the Romans!" With this, you will generally never go wrong. So before you travel, always do your research about local customs. A proper hello could help close that business deal.

Men and women greet each other differently in Qatar. GETTY IMAGE

Behaving at the office Xmas party

Learn how to party smartly at your Christmas work do. HANDOUT

Holiday health. The big boss + free booze + a confined space = recipe for disaster. Don't let a night that's meant to be about festive fun turn into a nightmare

ROMINA McGUINNESS
romina.mcguinness@metro.lu

The holiday party is one occasions you can let your hair down, but there's a fine line between having some fun and misbehaving.

Etiquette advisor Jo Bryant, of the UK's leading authority on modern manners, Debrett's, tells Metro: "The aim is to keep your dignity. You're socializing with your colleagues, but with your bosses as well. It's about creating the right impression while making it seem like you're relaxed."

She talks us through the do's and the don'ts of the office party:

Look the part

DO meet workplace standards
"Make sure you look smart and well groomed and that you're fitting in with the ethos of the office. If you work in a very corporate environment, you'll probably be going somewhere smarter, so dress appropriately."

DON'T overdo it
If you work in a more relaxed office atmosphere, turning up in your best party frock when everyone else is in jeans might not be appropriate.

Dress the part

DO wear something different
This creates that distinction between a Christmas party, not a Monday. You want to look good — but don't go over the top by wearing something really out there.

DON'T wear what you wore to the office that day
If everyone else is going to make an effort and get changed, do the same.

Bulk up the contacts

DO circulate and socialize
Now is your opportunity to chat to people you don't normally speak to or have access to — like the boss.

DON'T be arrogant
Get your behaviour up to scratch. As you go around the room, stop to speak to people higher up in the pecking order. But that doesn't mean you should ignore people of lower ranking than you.

Be chill

DO impress people without promoting yourself
"This isn't the time to ask for a pay rise or complain. Avoid office chat, unless the big boss instigates it and seems keen to get your opinion. But equally, if you can talk to them about their family and their holidays, they might see you as more than just another member of staff.

DON'T shun your colleagues
Never neglect your team and spend the entire party schmoozing everyone else. Equally, don't just cling on to them and feel nervous about making new work friends.

Know your limits

DO drink, but don't get drunk
Hold yourself. If you're drunker than your companions, that's a big no-no. You should never be the drunkest person at the party.

DON'T be a party pooper
If you're feeling as though things are getting out of control and decide to stop drinking, don't make a big thing about it. Hang in there and don't draw too much attention to yourself. Order a tonic water so it still looks like you're having a drink.

The morning after

DO be sensible
"If the next day is a full working day, then arrive on time. Organize a quiet day for yourself — hopefully you won't have a huge meeting of the year at 10 a.m."

DON'T broadcast a hangover
Put on the freshest face you possibly can and deal with it in a discreet manner. You'll probably struggle through the day, but don't go on about how much pain you're in. No one wants to know, because everyone else is feeling the same.

Analysis

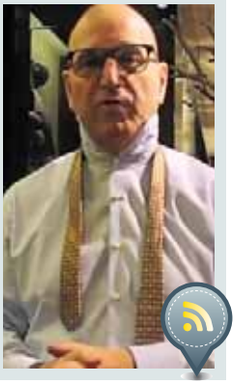
Why you should stay clear of office romance

As you get carried away in the festive spirit and drink too much mulled wine with a cute colleague, one thing could lead to another and you could end up getting a little too close.

"Hooking up with a colleague is something you'll probably regret in the morning," explains Bryant. "It's not the kind of one-night stand you can walk away from and forget about because the moment you get back into the office you're going to be face-to-face with your mistake. And if other people find out, you're not going to do your career any favours. Having said that, romance might blossom, but usually stay clear.

Exclusively online

- **Knot a problem.** It's holiday party season and you want to wear a tie. Larry Rosen, CEO of Harry Rosen (below), shows Metro how to tie his favourite knot. Watch the video on The Man Blog at metronews.ca.



Things to avoid

ETIQUETTE ADVISOR JO BRYANT
debretts.com

1 Drunken confrontations

No matter how tempting it might be, now is not the time to settle your differences with a colleague. Rise above it and let them look the fool.

2 Solo dancing

If everyone else is shaking it out on the dance floor, then fine. But don't be the only person on the dance floor for a long period of time.

3 Not focusing

Focus your attention the right way. Tonight is about fine-tuning your attentions, speaking to the right people and having a good time. If you step out of line in any way, then people will remember you as the embarrassing person.

FREE RELATIONSHIP ENHANCEMENT WORKSHOPS

YORK UNIVERSITY IS NOW RECRUITING COUPLES FOR AN UPCOMING WORKSHOP ON RELATIONSHIP ENHANCEMENT.

Selected couples will receive four **FREE** relationship enhancement workshops in exchange for filling out a few questionnaires and doing one fifteen minute audio recording.

The workshop will be run by a Clinical Psychologist and a Clinical Graduate student.

CONTACT YORK UNIVERSITY: 416-871-2661

YORK UNIVERSITÉ UNIVERSITY

Hoping to unwrap a pet on Christmas day?

Alison on Money. Small pets seem like a great gift idea — but don't forget about the future costs

YOUR MONEY
Alison Griffiths
money@metronews.ca

Just how much is a $1 goldfish going to set you back? ISTOCK IMAGES

Lories and hotots and skinks, oh my! If it's a holiday pet you are considering, the choice is now enormous, especially among rodents, birds, fish and reptiles.

However, before you buy, be aware of care requirements and on-going costs.

According to the American Society for Prevention of Cruelty to Animals, $30 for a guinea pig is only the beginning.

The first year outlay will be just over $700 and about $635 annually after that.

In a 2011 report, Kiplinger.com rated fish as the cheapest pet both in terms of purchase and maintenance.

Gloriously hued guppies are as little as $1 and annual costs a mere $20, though set up can easily exceed $225 for an aquarium and all the fixings.

Perhaps your son or daughter has just seen How to Train Your Dragon and wants a bearded dragon (quite sociable, by the way.)

After spending $50 to $60 for the scaly beast, you will need a 40-gallon or larger terrarium, furniture for basking and hiding, bedding or a reptile carpet (yes, such a thing exists), calcium dust for a twice-weekly "shower" and, of course, food.

Making a basic happy home for a beardie costs from $500 to $1,000 — not including the lizard hammock.

At the cheaper end of things, a simple cage for a gerbil or rat or hamster is about $25 to $35, but pet owners are as keen to renovate as homeowners.

Multi-level critter apartments can easily run to $200, not including toys and decor.

A pet budget and research will save you from what I call Iguana Shock Syndrome.

A friend in Victoria, B.C. bought an itty-bitty green iguana in 1990.

Fourteen years later, the nearly two-metre creature had taken over the spare bedroom and its care was rivaling the cost of a child. And like a teenager, Moe was cranky.

A good beginning resource is mypetsmart.com (go to pet care solutions, then care guides) where you'll find that the bearded dragon is an omnivore recommended for age 10 and up and lives approximately 10 years.

Dozens of pets are listed as suitable for beginner, intermediate or advanced owners.

Contact Alison at griffiths.alison@gmail.com or alisongriffiths.ca

Regifting can be socially acceptable if you follow a few simple rules. ISTOCK IMAGES

Are regifting and couponing a social faux-pas?

FUN AND FRUGAL
Lesley Scorgie
money@metronews.ca

In the past, regifting, couponing and bulk buying presents was considered a social faux-pas because it meant the gift-giver was being cheap.

But I couldn't disagree more. Resourcefulness is not the same as being cheap. Besides, stretching your dollars and taking advantage of opportunities to save money over the holidays will keep you out of debt, reduce waste and still allow you to spoil everyone on your gift list.

Wrap up that extra garlic press you received for your birthday and give it to your brother. Otherwise, it'll sit in your cupboard collecting dust.

According to Couponcabin.com, nearly 40 per cent of North Americans regift presents and a large majority use coupons when holiday shopping. The most commonly re-gifted items are gift cards and duplicate and unwanted products.

If you plan to regift or coupon, follow these socially acceptable gift-giving parameters.

Ensure the present is in its original wrapping and don't re-gift something that has clear signs it's been used. Remove your name from any tags or cards and don't give the gift back to the same person who gifted it to you. Avoid re-gifting intimate or personal hygiene products like underwear, nose hair clippers or razors. If you've received a sentimental gift, don't re-gift it because it could upset the person who gave it to you.

If you've bought something on sale or through a coupon, remove the bright red sale sticker and price tag. While opening presents, don't blurt out how proud you are that you used a coupon, be discreet.

When planning your holiday spending, be resourceful. Bulk buying some items like stocking stuffers or appreciation gifts for friends or colleagues is wise.

Cash in unused loyalty rewards points toward gifts.

Dig through your wallet, purse and junk drawer for any partially used gift cards. Use the gift cards toward gift purchases or cash them in towards a new gift card amount, pick a round number like $25 rather than regifting your card with $17.97 left on it.

If your budget is super tight this season, don't buy any gifts at all. Give handmade cards, art, and baked goods. Homemade presents are affordable and have loads of sentimental value.

Follow Lesley on Twitter @LesleyScorgie

RBC Royal Bank

It's time for a better savings account.

RBC High Interest eSavings® account
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Mastering the plan: Why organizing your venture is vital

The future figured out. Keep yourself on track with a sketched out success map

Solid foundations

The Canadian Youth Business Foundation offers the following reasons why a business plan is essential for success:

- Having a business plan will save you time and money in the long-run. It helps you manage your daily tasks effectively, which in turn allows you to reach your long-term goals.
- It serves to guide you along your entire path to success from concept to start-up to expansion.
- Taking time to carefully plan helps you budget appropriately and identify potential risks that you may not have considered otherwise.

Attempting to operate a business without a well-structured business plan is like jumping out of a plane without a proper parachute. You're just taking a gamble and hoping for positive results. When it comes to starting a business, having a robust plan is vital.

There is an overwhelming amount of material available and it can be challenging for young entrepreneurs to know where to look for information.

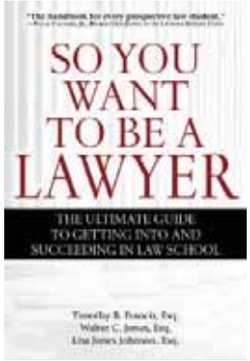
With this in mind, a new online business resource centre is available for free, complete with multimedia tools, educational videos and a business plan writer. All this can be found at cybf.ca/resources and can help aspiring entrepreneurs on their path to success. Designed to simplify the planning process, this interactive tool for writing business plans allows users to customize their plan and offers tips and examples along the way.

"We want to encourage people to start a business," says Dominik Loncar, an entrepreneur-in-residence with the Canadian Youth Business Foundation, which created the resource.

"We believe this new resource will be of great benefit to entrepreneurs, helping them to minimize the risks typically associated with starting a business, and allow them to be more knowledgeable and effective." NEWS CANADA

Carry your plan from concept to start-up to expansion. ISTOCK

Uncovering the secrets behind the scales



Law of landing the position. How hitting the books differs from hitting the stand

BRUCE WALSH
life@metronews.ca

In addition to graduating from Harvard Law and practicing in New York City, Lisa Jones Johnson has found time to become a published mystery novelist and screenwriter. She recently co-authored So You Want to Be a Lawyer: The Ultimate Guide to Getting Into and Succeeding in Law School, and is hoping her narrative chops will set this how-to career book apart from the rest.

What surprised you about law school?

The level of reading and very specific analytic writing felt daunting at first. We try to prepare people for that. Everybody in college has written papers. This is a whole other level of analytical writing.

Flip side of the field

Law school is very academic. ... Practising law is very different.

Lisa Jones Johnson
Author of So You Want to Be a Lawyer

What's the most common misconception people have about law school?

That law school is like practising law. Law school is very academic. You read and write a lot. You go back and forth with professors and colleagues about big concepts and ideas. Practising law is very different. It's very detailed. Most junior lawyers are thrown right into drafting contracts. I think schools need to add some practical contract drafting courses. You need to know the theory behind it, but you need to know the building blocks of drafting as well.

How should you go about choosing a law school?

For me, No. 1 is the prestige factor — the alumni network. Your first jobs are likely going to come from those contacts. If you have the grades and if you're fortunate enough to get in, you want to go to a top-tier school. If you can't get into that kind of school, the question you need to ask becomes very simple: Can I actually get a job after I finish? There are a lot of accredited schools out there that don't really place their graduates. Do they have a placement office? Will they actively make sure that I get a job?

Ryan Nugent-Hopkins collects his sticks on Monday after arriving in Calgary for Canada's junior hockey team selection camp. JEFF MCINTOSH/THE CANADIAN PRESS

Nugent-Hopkins leads junior hopefuls

World junior championship. Burnaby, B.C., native is lone NHL player available to Canada, though some players would likely be in league if not for lockout

Once again, an NHL lockout is creating unexpected benefits for Canada's junior hockey team.

Edmonton Oilers forward Ryan Nugent-Hopkins arrived in Calgary on Monday for the junior team's selection camp.

He's already played for Canada in the men's world hockey championship this year, but the NHL lockout means the 19-year-old will get to play in the world junior championship for the first time in his career.

That also occurred during the NHL lockout of 2004-05, when Boston Bruins forward Patrice Bergeron was named the most valuable player of the 2005 junior tournament in Grand Forks, N.D., after helping Canada win gold at the 2004 world championship in Prague.

Nugent-Hopkins has a full NHL season behind him in which he was a finalist for the Calder Trophy, which goes to the league's top rookie. The Oilers didn't make him available to the Canadian team that won bronze at the 2012 world junior championship in Alberta.

Now, two years after he was cut from Canada's junior team at age 17, Nugent-Hopkins is expected to lead it into the tournament starting Dec. 26 in Ufa, Russia.

Since Nugent-Hopkins brings hockey experience to this Canadian team no other players have, Hockey Canada's expectations of him are high.

"I've got to try to take on more of a leadership role this year," Nugent-Hopkins said Monday at the Calgary airport. "As a 17-year-old, I couldn't come into camp and do that. I'm definitely going to try and take some experience from worlds and bring it to this camp here.

"I feel like I'm a different person than I was a couple of years ago. My game has definitely evolved a lot and I see myself more as a two-way player right now so I'm definitely going to try and take on that role at this camp." THE CANADIAN PRESS

Camp dates

- The 36 players invited to this year's selection camp streamed through the Calgary airport Monday.
- The players get on the ice Tuesday at Canada Olympic Park and the 23-player team will be chosen by Thursday.
- The invitees will play an intra-squad game Tuesday followed by games against university players the following two days.

MLB

Hentgen returns to Jays' bullpen

The Toronto Blue Jays have named Pat Hentgen as their bullpen coach, bringing the Cy Young winner back into the team's coaching ranks.

Hentgen previously served as Toronto's bullpen coach in 2011. He has also spent eight of the last nine seasons as a team ambassador and special assistant to the organization.

Hentgen played 10 of his 14 big-league seasons in Toronto. In 1996, he posted a 20-10 record and 3.22 earned-run average to become the first Blue Jay to win the Cy Young Award. THE CANADIAN PRESS

Pat Hentgen TORSTAR NEWS SERVICE

Hockey

NHL stars could skate for Canada at Spengler Cup

Canada could be sending quite an impressive team to the Spengler Cup.

With the NHL's announcement Monday that all games through Dec. 30 have been cancelled, the possibility of locked-out players wearing the Maple Leaf over the holidays in scenic Davos, Switzerland, increased.

Tyler Seguin, Jason Spezza, Patrice Bergeron and John Tavares are among the Canadian players who have spent the lockout playing in the Swiss league and would be eligible to compete in the historic club-team tournament. Hockey Canada has been in touch with all of them. THE CANADIAN PRESS

Sinclair wins Canadian-athlete-of-year prize

Christine Sinclair celebrates after winning the bronze medal soccer game at the London Olympic Games in August. Sinclair is the winner of the 2012 Lou Marsh Award. FRANK GUNN/THE CANADIAN PRESS

Christine Sinclair has won the Lou Marsh Award as Canada's athlete of the year, becoming the first soccer player to take home the 76-year-old trophy.

The 29-year-old from Burnaby led Canada's women's soccer team to a bronze medal at the London Olympics.

It was her performance in a semifinal loss to the United States at Manchester's Old Trafford that likely solidified her place among the pantheon of previous Lou Marsh winners, among them Wayne Gretzky, Terry Fox and Bobby Orr.

With Canada facing the world's best team on one of soccer's sacred grounds, Sinclair put in her greatest performance as a top-level star, giving Canada the lead with each of the three goals she scored. The U.S. won the game, 4-3. But even in defeat, Sinclair earned a new level of acclaim.

"I'd put Christine up there with Roger Federer. I'd put her up there with Serena Williams. She's genuinely up there with the biggest and best athletes in the world. She is at the Michael Jordan level," John Herdman, her coach on the national team, said. "That's a reality."

Sinclair won the award, which was first handed out in 1936, after a vote by a committee made up of representatives of Canada's major sports media outlets. Also given heavy consideration by the committee were cyclist and Giro d'Italia winner Ryder Hesjedal; trampolinist and London Olympic gold medallist Rosie MacLennan; world champion speed skater Christine Nesbitt and No. 13 ranked tennis player Milos Raonic. TORSTAR NEWS SERVICE

Sinclair's Golden Boot

6

Christine Sinclair scored an Olympic record six goals at the London Olympics to win the tournament's Golden Boot.

Zamboni'd: More NHL games axed

Season in balance.
Latest round of cuts runs through Dec. 30

The biggest question now is whether the latest NHL lockout will result in a shortened season like 1994-95 or a scorched season like 2004-05.

As the league cancelled the rest of its schedule through Dec. 30 on Monday afternoon, it brought one more reminder of how close the NHL and NHL Players' Association are getting to a make-or-break moment.

Even though commissioner Gary Bettman hasn't set a drop-dead date for saving this season, he does believe each team must play 48 games to make it legitimate. For that to happen, the puck will need to drop by about mid-January.

"When it gets to the point where we can't play a season with integrity, with a representative schedule, then we'll be done," Bettman said last week. "If you go back in history, in '94-95 I think we played 48 games. I can't imagine wanting to play fewer than that."

NHL commissioner Gary Bettman
THE ASSOCIATED PRESS FILE

By the numbers

43%

The latest round of cancellations brought the NHL's total to 526 regular-season games — or roughly 43 per cent of the schedule.

The latest round of cancellations brought the NHL's total to 526 regular-season games — or roughly 43 per cent of the schedule. The Jan. 1 Winter Classic at Michigan Stadium and Jan. 27 all-star game in Columbus have also been wiped away.

Neither the union nor league issued statements after the cancellations were announced.

There had been hope as recently as last week that the lockout could be ended in time to drop the puck over the holidays, with one report suggesting the season might start on Christmas Day. Now the earliest that will happen is New Year's Eve, which was already due to see 13 games played under the original schedule.

Talks between the NHL and NHLPA broke down in dramatic fashion last week. They haven't scheduled any further sessions, although both sides have expressed interest in returning to the bargaining table this week.

THE CANADIAN PRESS

Wellness institute
Naturopathic Medical Clinic

"LEAP" INTO BETTER HEALTH FOR THE NEW YEAR

"The doctor of the future will give no medicine but will interest his patient in the care of the human frame, in diet and in the cause and prevention of disease" — Thomas Edison

A revolution is sweeping health care. Science and medicine now have in their possession the technology and understanding necessary to appreciate the value of naturopathic therapies. Edison's words above are truly prophetic and at the forefront of this revolution is The Wellness Institute. The Wellness Institute is a multi-disciplinary clinic offering a full range of naturopathic and complementary medical services.

We offer a customized approach to health where we focus on the individual and not the disease process. This fall, feel the best you can by treating yourself to one of the Wellness Institute's many therapies:

- Naturopathic Medicine
- Homeopathy
- Botanical Medicine
- I.V. & Vitamin Injections
- Acupuncture
- Chiropractic
- Massage Therapy
- Thai Yoga Massage
- Colon Hydrotherapy
- Bowen Therapy
- Natural "Flu" Shots
- Ion Foot Baths
- B.I.A. Testing
- Sensitivity Testing
- Holistic Nutrition
- Meso Therapy
- Thermal Imaging
- Women's Health

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NBA

EASTERN CONFERENCE

	W	L	Pct	GB
New York	15	5	.750	—
Miami	14	5	.737	1/2
Atlanta	12	6	.667	2
Chicago	11	8	.579	3 1/2
Brooklyn	11	8	.579	3 1/2
Philadelphia	12	9	.571	3 1/2
Boston	11	9	.550	4
Milwaukee	10	9	.526	4 1/2
Indiana	10	11	.476	5 1/2
Orlando	8	12	.400	7
Charlotte	7	13	.350	8
Detroit	7	16	.304	9 1/2
Cleveland	4	17	.190	11 1/2
Toronto	**4**	**17**	**.190**	**11 1/2**
Washington	2	15	.118	11 1/2

WESTERN CONFERENCE

	W	L	Pct	GB
San Antonio	17	4	.810	—
Oklahoma City	17	4	.810	—
Memphis	14	4	.778	1 1/2
L.A. Clippers	14	6	.700	2 1/2
Golden State	14	7	.667	3
Utah	12	10	.545	5 1/2
Minnesota	9	9	.500	6 1/2
Dallas	10	10	.500	6 1/2
Denver	10	11	.476	7
Houston	9	10	.474	7
L.A. Lakers	9	12	.429	8
Portland	8	12	.400	8 1/2
Sacramento	7	12	.368	9
Phoenix	7	15	.318	10 1/2
New Orleans	5	14	.263	11

Division leaders ranked in top three positions and best eight teams qualify for playoffs

Monday's results
Golden State 104 Charlotte 96
Philadelphia 104 Detroit 97
Miami 101 Atlanta 92
San Antonio at Houston
Sacramento at Dallas
Toronto at Portland
Sunday's results
L.A. Clippers 102 **Toronto 83**
Milwaukee 97 Brooklyn 88
Oklahoma City 104 Indiana 93
New York 112 Denver 106
Orlando 98 Phoenix 90
Utah 117 L.A. Lakers 110
Tuesday's games — All Times Eastern
L.A. Lakers at Cleveland, 7 p.m.
New York at Brooklyn, 7 p.m.
Denver at Detroit, 7:30 p.m.
Washington at New Orleans, 8 p.m.
L.A. Clippers at Chicago, 9:30 p.m.

NBA SCORING LEADERS

	G	FG	FT	PTS	AVG
Bryant, LAL	21	199	160	601	28.6
Durant, Okl	21	181	171	566	27.0
Anthony, NYK	18	165	109	482	26.8
James, Mia	18	180	67	452	25.1
Harden, Hou	19	140	151	469	24.7
Westbrook, Okl	21	162	94	451	21.5
Mayo, Dal	20	147	65	417	20.9
Aldridge, Por	19	155	79	389	20.5
Curry, GoS	20	134	72	394	19.7
Pierce, Bos	20	122	108	384	19.2
Gay, Mem	18	130	59	342	19.0
Lillard, Por	20	131	69	378	18.9
Ellis, Mil	19	130	83	356	18.7
Bosh, Mia	18	119	93	334	18.6
Lee, GoS	20	152	66	370	18.5
DeRozan, Tor	**21**	**146**	**84**	**386**	**18.4**
Howard, LAL	21	140	105	386	18.4
Anderson, NO	19	132	22	350	18.4
Parker, SA	19	144	55	350	18.4
Deng, Chi	19	132	67	348	18.3
Duncan, SA	20	147	66	362	18.1

Not including last night's games

IIHF WORLD JUNIORS

CANADIAN SELECTION CAMP ROSTER

x—member of 2012 bronze medallist team

GOALTENDERS

Jordan Binnington, Richmond Hill, Ont., Owen Sound (OHL), St. Louis (2011, third round, 88th overall); Laurent Brossoit, Surrey, B.C., Edmonton (WHL), Calgary (2011, 6, 164); Jake Paterson, Mississauga, Ont., Saginaw (OHL), Detroit (2012, 3, 80); Malcolm Subban, Toronto, Belleville (OHL), Boston (2012, 1, 24).

DEFENCEMEN

Frank Corrado, Vaughan, Ont., Sudbury (OHL), Vancouver (2011, 5, 150); Mathew Dumba, Calgary, Red Deer (WHL), Minnesota (2012, 1, 7); x-Dougie Hamilton, Toronto, Niagara (OHL), Boston (2011, 1, 9); x-Scott Harrington, Kingston, Ont., London (OHL), Pittsburgh (2011, 2, 54); Ryan Murphy, Aurora, Ont., Kitchener (OHL), Carolina (2011, 1, 12); Xavier Ouellet, Terrebonne, Que., Blainville-Boisbriand (QMJHL), Detroit (2011, 2, 48); Adam Pelech, Toronto, Erie (OHL), N.Y. Islanders (2012, 3, 65); Derrick Pouliot, Weyburn, Sask., Portland (WHL), Pittsburgh (2012, 1, 8); Griffin Reinhart, West Vancouver, B.C., Edmonton (WHL), N.Y. Islanders, 2012, 1, 4); Morgan Rielly, West Vancouver, B.C., Moose Jaw (WHL), Toronto (2012, 1, 5).
Ryan Sproule, Mississauga, Ont., Sault Ste. Marie (OHL), Detroit (2011, 2, 55); Tyler Wotherspoon, Surrey, B.C., Portland (WHL), Calgary (2011, 2, 57).

FORWARDS

Francis Beauvillier, Sorel-Tracy, Que., Rimouski (QMJHL), Florida (2012, 6, 174); Anthony Camara, Toronto, Barrie (OHL), Boston (2011, 3, 81); Daniel Catenacci, Newmarket, Ont., Owen Sound (OHL), Buffalo (2011, 3, 77); Phillip Danault, Victoriaville, Que., Victoriaville (QMJHL), Chicago (2011, 1, 26); Jonathan Drouin, Dollard-des Ormeaux, Que., Halifax (QMJHL); Tyler Graovac, Brampton, Ont., Ottawa (OHL), Minnesota (2011, 7, 191); x-Jonathan Huberdeau, St-Jerome, Que., Saint John (QMJHL), Florida (2011, 1, 3); Charles Hudon, Boisbriand, Que., Chicoutimi (QMJHL), Montreal (2012, 5, 122); x-Boone Jenner, Dorchester, Ont., Oshawa (OHL), Columbus (2011, 2, 37); J.C. Lipon, Regina, Kamloops (WHL). Nathan MacKinnon, Cole Harbour, N.S., Halifax (QMJHL); Mark McNeill, Edmonton, Prince Albert (WHL), Chicago (2011, 1, 18); Sean Monahan, Brampton, Ont., Ottawa (OHL); Ryan Nugent-Hopkins, Burnaby, B.C., Oklahoma City (AHL); Ty Rattie, Airdrie, Alta., Portland (WHL), St. Louis (2011, 2, 32); Brett Ritchie, Orangeville, Ont., Niagara (OHL), Dallas (2011, 2, 44); x-Mark Scheifele, Kitchener, Ont., Barrie (OHL), Winnipeg (2011, 1, 7); Hunter Shinkaruk, Calgary, Medicine Hat (WHL); x-Ryan Strome, Mississauga, Ont., Niagara (OHL), N.Y. Islanders (2011, 1, 5); Tom Wilson, Toronto, Plymouth (OHL), Washington (2012, 1, 16).

GOLF

PGA TOUR

WORLD RANKING

Through December 10

1. Rory McIlroy	13.81
2. Luke Donald	9.13
3. Tiger Woods	8.90
4. Justin Rose	6.69
5. Louis Oosthuizen	6.38
6. Lee Westwood	6.37
7. Adam Scott	6.37
8. Bubba Watson	5.59
9. Jason Dufner	5.54
10. Brandt Snedeker	5.48
11. Webb Simpson	5.45
12. Keegan Bradley	5.24
13. Ian Poulter	5.18
14. Graeme McDowell	5.00
15. Phil Mickelson	4.96
16. Steve Stricker	4.95
17. Nick Watney	4.78
18. Peter Hanson	4.77
19. Matt Kuchar	4.72
20. Sergio Garcia	4.65
21. Dustin Johnson	4.64
22. Bo Van Pelt	4.60
23. Charl Schwartzel	4.58
24. Ernie Els	4.52
25. Zach Johnson	4.47

LPGA TOUR

PLAYER OF THE YEAR

Final

1. Stacy Lewis, 221
2. Inbee Park, 168
3. Na Yeon Choi, 152
4. Yani Tseng, 145
5. So Yeon Ryu, 131
6. Jiyai Shin, 128
7. Ai Miyazato, 118
8. Shanshan Feng, 116
9. Mika Miyazato, 107
10. Suzann Pettersen, 93
11. Azahara Munoz, 83
12. Sun Young Yoo, 81
13. Angela Stanford, 71
14. Cristie Kerr, 62
15. Hee Kyung Seo, 59
15. Karrie Webb, 59

SOCCER

ENGLAND

PREMIER LEAGUE
Yesterday's result
Fulham 2 Newcastle United 1

ITALY

SERIE A
Yesterday's results
Udinese 2 Sampdoria 0
Bologna 0 Lazio 0

PORTUGAL

LIGA
Yesterday's results
Braga 4 Academica de Coimbra 1
Benfica 3 Sporting CP 1

SPAIN

LA LIGA
Yesterday's result
Zaragoza 2 Rayo Vallecano 0

AHL

EASTERN CONFERENCE

ATLANTIC DIVISION

	GP	W	L	OTL	SOL	GF	GA	Pt
Worcester	23	12	8	1	2	65	70	27
Providence	22	12	8	0	2	53	61	26
Manchester	24	11	10	2	1	68	61	25
Portland	23	11	10	1	1	72	78	24
St. John's	24	11	12	0	1	58	69	23

NORTHEAST DIVISION

	GP	W	L	OTL	SOL	GF	GA	Pt
Springfield	22	14	4	1	3	79	47	32
Bridgeport	23	11	11	0	1	72	79	23
Connecticut	23	10	11	2	0	69	82	22
Adirondack	23	10	12	1	0	59	69	21
Albany	20	7	8	0	5	44	53	19

EAST DIVISION

	GP	W	L	OTL	SOL	GF	GA	Pt
Syracuse	23	14	6	1	2	84	67	31
Binghamton	20	13	5	1	1	64	48	28
W-B/Scranton	22	13	7	1	1	65	55	28
Hershey	24	11	12	1	0	64	70	23
Norfolk	22	10	12	0	0	63	68	20

WESTERN CONFERENCE

NORTH DIVISION

	GP	W	L	OTL	SOL	GF	GA	Pt
Abbotsford	23	14	4	3	2	61	45	33
Toronto	23	13	9	0	1	76	65	27
Lake Erie	24	12	10	1	1	74	77	26
Rochester	21	10	9	2	0	69	64	22
Hamilton	20	8	10	1	1	42	64	18

MIDWEST DIVISION

	GP	W	L	OTL	SOL	GF	GA	Pt
Grand Rapids	22	13	7	1	1	74	62	28
Rockford	25	13	11	0	1	81	76	27
Milwaukee	22	10	9	2	1	63	67	23
Chicago	22	10	9	2	1	58	66	23
Peoria	23	8	11	2	2	53	80	20

SOUTH

	GP	W	L	OTL	SOL	GF	GA	Pt
Charlotte	24	13	9	0	2	79	70	28
Houston	22	12	7	1	2	71	63	27
Texas	23	12	8	2	1	58	62	27
Oklahoma City	22	11	8	1	2	71	66	25
San Antonio	24	10	11	0	3	65	70	23

Note: Two points awarded for a win, one for an overtime or shootout loss.

Sunday's results
Bridgeport 7 Syracuse 2
Worcester 3 Manchester 2
Albany 1 Connecticut 0
Milwaukee 5 Charlotte 2
Abbotsford 3 Toronto 2
Grand Rapids 4 Rockford 2
Providence 3 (OT) Adirondack 2
San Antonio 3 Oklahoma City 2
Peoria 3 Houston 2
Tuesday's games — All Times Eastern
San Antonio at Houston, 12:05 p.m.
Hershey at St. John's, 6:30 p.m.
Bridgeport at Portland, 7 p.m.
Milwaukee at Charlotte, 7 p.m.
Abbotsford at Rochester, 7:05 p.m.
Lake Erie at Hamilton, 7:30 p.m.
Peoria at Oklahoma City, 8 p.m.
Wednesday, Dec. 12
Hershey at St. John's, 6:30 p.m.
W-B/Scranton at Albany, 7 p.m.
Worcester at Connecticut, 7 p.m.
Binghamton at Syracuse, 7 p.m.
Thursday, Dec. 13
Rochester at Lake Erie, 7 p.m.
Hamilton at Chicago, 8 p.m.

NFL

AMERICAN CONFERENCE

EAST

	W	L	T	Pct	PF	PA
y-New England	9	3	0	.750	430	260
N.Y. Jets	6	7	0	.462	245	306
Miami	5	8	0	.385	240	276
Buffalo	5	8	0	.385	289	352

SOUTH

	W	L	T	Pct	PF	PA
y-Houston	11	1	0	.917	351	221
Indianapolis	9	4	0	.692	292	329
Tennessee	4	9	0	.308	271	386
Jacksonville	2	11	0	.154	216	359

NORTH

	W	L	T	Pct	PF	PA
Baltimore	9	4	0	.692	331	273
Pittsburgh	7	6	0	.538	278	264
Cincinnati	7	6	0	.538	321	280
Cleveland	5	8	0	.385	259	272

WEST

	W	L	T	Pct	PF	PA
y-Denver	10	3	0	.769	375	257
San Diego	5	8	0	.385	292	281
Oakland	3	10	0	.231	248	402
Kansas City	2	11	0	.154	195	352

NATIONAL CONFERENCE

EAST

	W	L	T	Pct	PF	PA
N.Y. Giants	8	5	0	.615	373	270
Washington	7	6	0	.538	343	329
Dallas	7	6	0	.538	300	314
Philadelphia	4	9	0	.308	240	341

SOUTH

	W	L	T	Pct	PF	PA
y-Atlanta	11	2	0	.846	337	259
Tampa Bay	6	7	0	.462	354	308
New Orleans	5	8	0	.385	348	379
Carolina	4	9	0	.308	265	312

NORTH

	W	L	T	Pct	PF	PA
Green Bay	9	4	0	.692	323	279
Chicago	8	5	0	.615	308	219
Minnesota	7	6	0	.538	283	286
Detroit	4	9	0	.308	320	342

WEST

	W	L	T	Pct	PF	PA
San Francisco	9	3	1	.731	316	184
Seattle	8	5	0	.615	300	202
St. Louis	6	6	1	.500	236	279
Arizona	4	9	0	.308	186	292

x — clinched playoff berth; **y** — clinched division.

WEEK 14

Monday's result
Houston at New England
Sunday's results
St. Louis 15 Buffalo 12
Dallas 20 Cincinnati 19
Washington 31 Baltimore 28
San Diego 34 Pittsburgh 24
Cleveland 30 Kansas City 7
N.Y. Jets 17 Jacksonville 10
Philadelphia 23 Tampa Bay 21
Indianapolis 27 Tennessee 23
Minnesota 21 Chicago 14
Carolina 30 Atlanta 20
San Francisco 27 Miami 13
N.Y. Giants 52 New Orleans 27
Seattle 58 Arizona 0
Green Bay 27 Detroit 20

WEEK 15

Thursday's game — All Times Eastern
Cincinnati at Philadelphia, 8:20 p.m.
Sunday's games
Washington at Cleveland, 1 p.m.
Jacksonville at Miami, 1 p.m.
Denver at Baltimore, 1 p.m.
N.Y. Giants at Atlanta, 1 p.m.
Minnesota at St. Louis, 1 p.m.
Indianapolis at Houston, 1 p.m.
Green Bay at Chicago, 1 p.m.
Tampa Bay at New Orleans, 1 p.m.
Seattle at Buffalo, 4:05 p.m.
Carolina at San Diego, 4:05 p.m.
Detroit at Arizona, 4:05 p.m.
Pittsburgh at Dallas, 4:25 p.m.
Kansas City at Oakland, 4:25 p.m.
San Francisco at New England, 8:20 p.m.

TRANSACTIONS

MLB

BOSTON RED SOX — Claimed RHP Sandy Rosario off waivers from Oakland.
CHICAGO WHITE SOX — Agreed to terms with INF Jeff Keppinger on a three-year contract.
DETROIT TIGERS — Agreed to terms with C Brayan Pena on a one-year contract. Designated LHP Matt Hoffman for assignment.
TORONTO BLUE JAYS — Named Pat Hentgen bullpen coach.
CINCINNATI REDS — Agreed to terms with OF Ryan Ludwick on a two-year contract.

NFL

ARIZONA CARDINALS — Placed C Rich Ohrnberger on injured reserve. Claimed QB Brian Hoyer off waivers from Pittsburgh.
BALTIMORE RAVENS — Fired offensive coordinator Cam Cameron. Announced quarterbacks coach Jim Caldwell will assume the duties of offensive coordinator.
CLEVELAND BROWNS — Signed TE Brad Smelley from the practice squad. Released DL Ronnie Cameron.
MINNESOTA VIKINGS — Signed TE LaMark Brown to the practice squad.
NEW ENGLAND PATRIOTS — Activated RB Brandon Bolden from the suspended list.
OAKLAND RAIDERS — Reinstated LB Rolando McClain from the reserve/suspended by club list. Signed CB Chimdi Chekwa from the practice squad. Released CB Ron Bartell and FB Owen Schmitt.
SAN FRANCISCO 49ERS — Suspended RB Brandon Jacobs for the remainder of the regular season following a series of posts on social media sites addressing his lack of playing time.

CFL

EDMONTON ESKIMOS — Promoted assistant general manager Ed Hervey to general manager.

NHL

COLUMBUS BLUE JACKETS — Reassigned G Allen York from Evansville (ECHL) to Springfield (AHL).

MLS

FC DALLAS — Signed M Peter Luccin.

Lillard rising beyond expectations in Portland

Blazers guard Damian Lillard leaps to pass against the Suns in Phoenix on Nov. 21. CHRISTIAN PETERSEN/GETTY IMAGES

NBA. Blazers guard at forefront of top-rookie talk after making early splash in Northwest

Damian Lillard was chatting with a gaggle of reporters at the NBA's pre-draft combine last summer in Chicago and the depth of his confidence came to the fore.

He was a four-year player from an unheralded small college stuck in Utah and there were those in the game and the media who weren't sure exactly how good he would eventually be.

But while a handful of his more famous draft classmates were ducking one-on-one competition lest their flaws be exposed and their lottery stock drop, Lillard welcomed any and all competition.

"When we did one-on-ones, I wanted to show people that I could defend guys that played at a higher level and I think I did that, too," he said that afternoon.

"I think a lot of people talk about me playing at a smaller school, Weber State, and camps like this is a perfect opportunity for me to show that I can play the level of everybody else."

He was right about that.

The transition from a small school in Ogden, Utah, to the bright lights of the NBA has been seamless for the six-foot-three guard taken sixth overall by the Trail Blazers last June.

Being force-fed minutes on a team that lacks any discernible depth, Lillard is seen by many as the early season leader in the rookie of the year race and has been by far the most pleasant surprise for the Blazers early in the season.

"Teams are keying on him but he has a chance to be special," one Western Conference assistant coach said. "He's got solid values and wants to be coached; he scores and is getting better at making plays for others."

It should really come as little surprise that Lillard has been up to the challenge. If there was one trait that stood out during the pre-draft assessment period was his confidence and maturity.

A four-year point guard, even one from a small school, has seen enough in-game situations to be able to adapt more quickly.

"He doesn't play like a rookie, but he has the speed and quickness that you can tell he's got some pop," Portland coach Terry Stotts told Sports Illustrated.

TORSTAR NEWS SERVICE

By the numbers

18.9

Damian Lillard went into Monday night's game against the Raptors averaging 18.9 points on 43 per cent shooting with 6.5 assists per game.

Go to metronews.ca for coverage of Monday night's game in Portland.

Boxing. Late fighter Gatti to take place in hall of fame

Arturo (Thunder) Gatti wasn't the biggest talent in boxing, but the flash and power he showed in the ring was enough to put the Montreal fighter into the International Boxing Hall of Fame.

The hall announced Monday that Gatti, five-time world champion Virgil Hill and South Korean light flyweight Yuh Myung-Woo were elected as the class of 2013, along with referee Mills Lane, ring announcer Jimmy Lennon Jr. and journalist Colin Hart.

They will be enshrined June 9 in Canastota, N.Y.

Gatti's family plans to attend the ceremony, and a campaign has been launched to have a park named for him in the Montreal North neighbourhood where he grew up.

The two-time champion died under mysterious circumstances three years ago in Brazil. Police pronounced it a suicide, but his family and others in boxing believe foul play was involved.

Jeremy Filosa, a radio sports reporter in Montreal who was a childhood friend of Gatti's and who sometimes acts as a spokesman for the family, said they felt relief at the announcement.

"This has put a bit of a smile back on their faces," said Filosa. "What's been good over the last couple of days is that we're talking a lot more about Arturo the athlete and his career and not about how he passed away."

THE ASSOCIATED PRESS

Arturo Gatti during his IBA welterweight title fight against Thomas Damgaard in January 2006. GETTY IMAGES FILE

Soccer

Mueller gives Messi his blessing

Gerd Mueller called Lionel Messi "the best player in the world" after the Barcelona forward broke the German's scoring record.

Messi scored his 85th and 86th goals of 2012 on Sunday in the Spanish league, breaking Mueller's 40-year-old record for goals in a calendar year. Mueller told Sport1.de "my record stood for 40 years — 85 goals in 60 games — and now the best player in the world has broken it, and I'm delighted for him."

Mueller scored his goals for Germany and Bayern Munich in 1972. Messi has scored his for Barcelona and Argentina.

Mueller said Messi is "such a nice and modest professional and I hope he gets one or two more goals in 2012 and that he can then hold onto the record for the next 40 years."

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Are Animals Soul Too?
Open Discussion, Wed., Dec. 12
7:00-8:30 p.m.
Beaches Community Centre 55,
97 Main Street, Toronto
meetup.com/Toronto-Spiritual-Experiences-Group

Read metro drive every Wednesday.

Horoscopes

♈ Aries
March 21 - April 20
By all means "borrow" someone else's design if you think it will benefit you in some way. There's no copyright on ideas or insights – if they're out there in the public domain you are entitled to use them.

♉ Taurus
April 21 - May 21
You may be tempted to sell a possession that means a lot to you, but if you do you will most likely regret it. No matter how desperate your money situation may be you should hang on a little while longer.

♊ Gemini
May 22 - June 21
You must not let other people get away with making statements that you know to be untrue. Make it your aim to point out the errors and inconsistencies in what so-called "experts" are trying to pass off as facts.

♋ Cancer
June 22 - July 23
The planets are about to show you a way that you can better yourself without having to work your fingers to the bone 24 hours a day. There are no easy routes to fame and fortune but there are certainly a few shortcuts.

♌ Leo
July 24 - Aug. 23
The message of the stars is that you are subconsciously putting obstacles in your path because you are not sure you are doing the right thing. In which case maybe you should think again about your current plans.

♍ Virgo
Aug. 24 - Sept. 23
You will help a friend or work colleague resolve a difficult problem today. Watch out though that you don't get suckered into doing something for others just because they are too lazy to do it for themselves.

♎ Libra
Sept. 24 - Oct. 23
The answer to your current problem is quite obvious and the only reason you can't see it is because you are looking in the wrong place. Trying widening your horizons a little. Bring the bigger picture into focus.

♏ Scorpio
Oct. 2 04 - Nov. 22
A work or money problem is not going to just fade away: it will only be resolved when you resolve to do something about it. You don't have to have the definitive answer – just make a decisive move of some sort.

♐ Sagittarius
Nov. 23 - Dec. 21
If you want something enough you will find a way to get it. However, for best results you are advised not to aim for anything too grand. Make it something of a material nature, something you can hold in your hand.

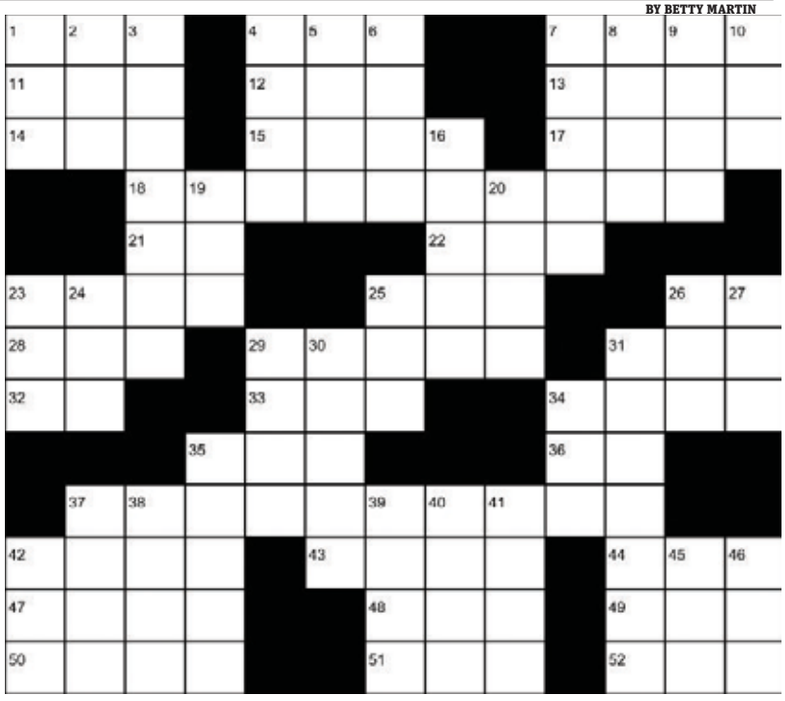
♑ Capricorn
Dec. 22 - Jan. 20
You can look at what happens today either as an interesting challenge or a situation to be avoided. Either way is valid but you will have more fun, and learn more, if you treat it as a challenge.

♒ Aquarius
Jan. 21 - Feb. 19
Not everything in life has a simple answer and the sooner you accept that fact the sooner a solution to an emotional dilemma will appear. Try to think less in terms of black and white and right and wrong.

♓ Pisces
Feb. 20 - March 20
Your authority will be challenged in some way today but it's not the end of the world so don't overreact. You know your own worth and what you are capable of, so stay calm and laugh at those who try to upset you. SALLY BROMPTON

Crossword

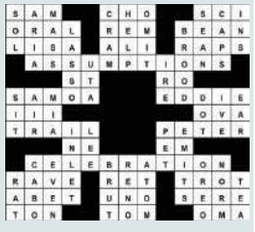
BY BETTY MARTIN



Across
1. Afternoon snooze
4. Bond, for one
7. Appeal
11. Actress Peeples
12. Jonny — Miller of Elementary
13. Name in jeans
14. Extensions
15. Laugh-In regular Johnson
17. Like fine wine
18. Compliance
21. My Name – Earl
22. Transgression
23. Woodwind instrument
25. Knock lightly
26. Part of Santa's greeting
28. Stimpy's pal
29. Collar inserts
31. — Aviv
32. "— Cid"
33. Sphere
34. Fr. Father
35. 'Peggy — Got Married"
36. Yours, Mine and Ours actress (init.)
37. Rival in sport
42. Indian dress
43. Edge
44. Curve
47. Face shape
48. Grazing ground
49. Taxi
50. Proofreader's mark
51. Cap
52. And so on....

Down
1. Opposite of SSW
2. Feel sick
3. Depth of feeling
4. Concrete piece
5. Salon offering
6. Abominable snowman
7. Homely
8. Building block toy
9. Equal
10. Assist
16. English homework, perhaps
19. Avail
20. Takes tiny drinks
23. Metallic rock
24. Dallas star Barbara — Geddes
25. Keyboard key
26. That girl
27. Spanish cheer
29. Lunchtime favourite
30. Shade providers
31. Patio
34. Paid athlete
35. Put on a happy face
37. Grotto
38. Articulated
39. Tip to one side
40. Notion
41. Kind of spirit
42. Lawn covering
45. The — Patrol
46. Canadian Broadcasting Corporation (abbr.)

Yesterday's Crossword



What's online

See today's answers metronews.ca/answers.

Sudoku

How to play
Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved. You solve the puzzle with reasoning and logic.

	1			5			7	
		2	8		3	9		
9								4
4		8				5		2
			5		6			
7		9				1		6
1								9
		7	2		5	3		
	4			9			1	

Yesterday's Sudoku

4	1	9	7	6	8	5	2	3
7	5	2	3	4	1	6	8	9
3	6	8	5	9	2	1	7	4
2	9	6	8	1	5	4	3	7
8	7	4	6	2	3	9	5	1
5	3	1	4	7	9	8	6	2
1	4	3	2	5	6	7	9	8
9	2	5	1	8	7	3	4	6
6	8	7	9	3	4	2	1	5

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Wednesday 3°/0° Variable
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